

Spring
2011

Naturally Funtimes®



Fishin' for some **Fun** in the City of Arlington

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Welcome

to the official City of Arlington
Parks and Recreation Guide
where inside you'll discover
all of the naturally fun
activities that your
community has to offer.

Come out
and play
in your
own
backyard!

OPEN
HOUSE

Thursday,
January 13, 6-8pm
at Cliff Nelson, Dottie Lynn
and Hugh Smith Recreation
Centers as well as the Hugh
Smith Indoor Pool. Receive
a 10% discount on class
registration and camps dur-
ing our open house.

Mission Statement

The mission of the Arlington
Parks and Recreation Department
is to provide quality facilities and
services that are responsive
to a diverse community and
sustained with a focus on
partnerships, innovation and
environmental leadership.

Parks and Recreation Board

Susan Eaves
Gene Gehring
Mark James
Doug Murray
Deanna Palla
Sue Phillips
Tony Powell
Mike Talambas
Glenn Troutman
Lanora Wright

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Build A Dream Scholarship Program

Arlington Parks and Recreation Department's Build A Dream Scholarship Program offers scholarships that can be used to register a child (16 years or younger) for any Arlington Parks Department youth program. Qualification for the scholarship is based upon federal income guidelines. Available to Arlington residents only.

Applications are made at the Parks and Recreation administrative office. Income verification, registration for classes and a \$5 fee will be required at the time of application.

Applicants may only apply for one scholarship either August 16, 2010 or February 1, 2011 from 8:00am-5:00pm at 717 W. Main. Persons having received a Build A Dream Scholarship in August 2010 are not eligible. Please complete the entire application & Manual Registration Form with your class selections prior to submissions. Incomplete submissions cannot be processed.

INCOME ELIGIBILITY

Household members	Annual Income Less Than
2	\$27,000
3	\$30,350
4	\$33,700
5	\$36,400
6	\$39,100
7	\$41,800
8	\$44,500

FORMS OF DOCUMENTATION ACCEPTED TO VERIFY ANNUAL INCOME:

- 2009 Federal Income Tax Return,
- Current pay stubs (last 4 stubs),
- Award letter for government assistance (current Medicaid Card, Food Stamp Award Letter within the last 6 months, SSI, CHIPS Insurance Card showing eligibility dates).
- AISD free and reduced lunch letters are not accepted.
- Proof of Arlington residency is required.

The Build A Dream application form and guidelines are available at

naturallyfun.org
and your closest recreation center.

For more information or to apply visit the Parks and Recreation administrative office at 717 W. Main St. or call 817-459-5474 for information.

How to Read Class Information:

Sample Class

1 Art Classes

2 Beginning Drawing

3	Drawing begins with using shapes, shading and texture. Come see how!
Age: 6 and up	\$35 / 4 Classes
M Jun 9 5:00pm-6:00pm	DLRC 89183
M Jul 7 5:00pm-6:00pm	DLRC 89184

4	5	6	7	8
---	---	---	---	---

- 1 Section Title
- 2 Class Title
- 3 Class Description
- 4 Day
- 5 Start Date
- 6 Class Time
- 7 Class Location
- 8 Bar code number used to identify class.

Note:

Classes begin on the start date and meet the same day of the week consecutively for the number of classes indicated.



Registration

Registration

Registration is on a first come, first serve basis. Many classes have limited spaces available. It is to your advantage to register as early as possible.

You may register on-line at naturallyfun.org, by phone or in person at the Parks Administrative office or any recreation center and at the tennis center.

Online and phone registrations are payable by credit card only. We take Discover, Visa, Mastercard and American Express. Checks should be made payable to "City of Arlington." A charge will be assessed on all returned checks.

The City of Arlington Parks and Recreation Department occasionally sells advertisements in this publication. Any paid advertisements appearing in this publication do not indicate a connection, endorsement or official sanction by the City of Arlington of any practice, philosophy, standard, position, product or service of the advertisers.

Smile, you may be captured by our camera! The Parks and Recreation Department routinely takes photos and video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facilities, you are granting the City of Arlington and its agents the right to use and publish your image or your minor child's image, and that no monetary remuneration will be given.

Register for FUN online!

The Arlington Parks and Recreation Department now offers online registration for classes, leagues and special events!

Just visit www.naturallyfun.org to find out more about online registration or call 817-459-5474.



Waiting Lists

When a student is interested in registering for a class that has been filled, his/her name can be placed on a waiting list. This does not guarantee a spot for the student, but individuals will be contacted if a spot becomes available.

Books and Supplies

Books and supplies are not included as part of the class fee unless stated in the class description.

Cancelled Classes / Sessions

If a class / session is cancelled, every effort will be made to notify parents/students by telephone prior to the first class meeting.

Annual Membership Card

Membership Cards are required for participation in all classes and programs at recreation centers. This ID card is issued at the time of purchase and is valid for one year from date of purchase.

	Resident	Non-Resident
Youth (2-17)	\$15	\$25
Adult (18 – 54)	\$20	\$40
Senior (55 & up)	\$15	\$25

Note: Residency is defined as living within the City of Arlington's incorporated city limits. Proof of residency is required. Membership cards are not required for participants in programs and services at the tennis center or golf courses.

Daily / Guest Pass

Residents and non-residents may purchase a Day Pass at the recreation centers for \$6. No Membership card is required with a Day Pass. Valid picture ID is required.

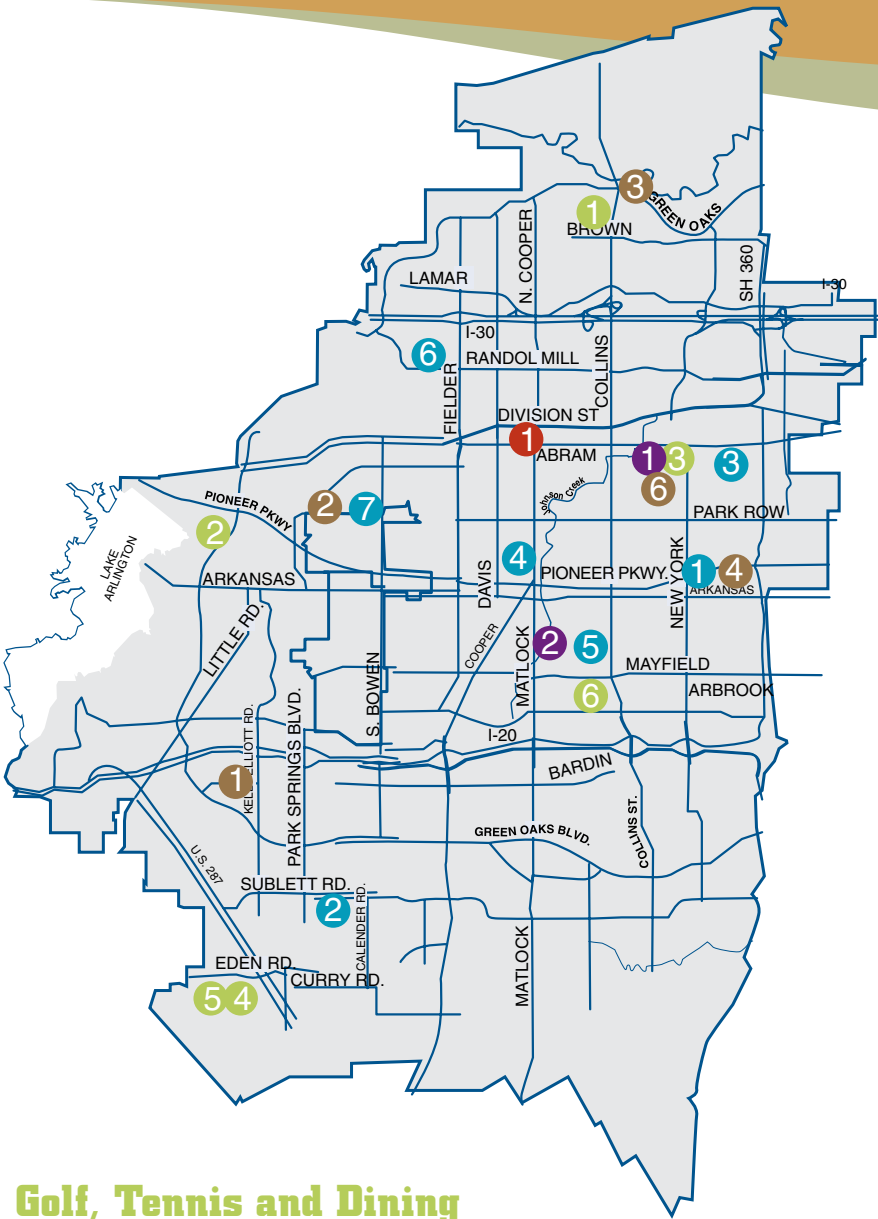
Satisfaction Guaranteed

We value you as a customer. If you are not happy with the quality of a program, please tell staff at the facility immediately so that we have the opportunity to correct the situation.

Special Accommodations

The City of Arlington Parks and Recreation Department welcomes people of all ability levels to participate together in our wide variety of quality recreational opportunities. We comply with the Americans with Disabilities Act in making reasonable accommodations. Participants requesting special accommodations need to complete a Special Accommodations Request Form in addition to the Program Participant Information Sheet. To make a request, contact the Parks and Recreation Administrative Office at 817-459-5474. We will make every effort to accommodate special needs requests.

Facility Map



Golf, Tennis and Dining

1. Chester W. Ditto Golf Course
801 W. Brown Blvd. 76011
817-275-5941

2. Lake Arlington Golf Course
1516 W. Green Oaks Blvd. 76013
817-451-6101

3. Meadowbrook Golf Course
1300 E. Dugan St. 76010
817-275-0221

4. Tierra Verde Golf Club
7005 Golf Club Drive 76001
817-478-8500

5. Ventana Grille
7005 Golf Club Drive 76001
817-548-5047

6. Arlington Tennis Center
500 W. Mayfield Road 76014
817-459-6163
Program status (Rain): 817-459-6166
M-Th 8am–9:30pm, F 8am–8pm,
Sat 8am–5pm, Sun 12-8pm

Rental Facilities

1. Meadowbrook Center
1400 Dugan 76010
817-465-6661

2. Bob Duncan Center
2800 S. Center St. 76014
817-465-6661

Parks and Recreation

1. Administrative Office
717 W. Main St. 76013
Phone: 817-459-5474
Fax: 817-459-5495
M–F 8am–5pm
Park Pavilion Rentals: 817-459-5473
Youth Field Rentals: 817-459-5416
Adult Softball Field Rentals: 817-459-5463

Recreation Facilities*

1. Cliff Nelson Recreation Center (CNRC)
4600 W. Bardin Road 76017
Phone: 817-561-2819
M–F 6am–9pm, Sat 9am–7pm, Sun 12–6pm

2. Dottie Lynn Recreation Center (DLRC)
3200 Norwood Lane 76013
Phone: 817-277-5001
M–F 8am–9pm, Sat 9am–5pm, Sun Closed

3. Elzie Odom Athletic Center (EOAC)
1601 NE Green Oaks Blvd. 76006
Phone: 817-459-6434
M–F 6am–9pm, Sat 8am–6pm, Sun 12–6pm

4. Hugh Smith Recreation Center (HSRC)
1815 New York Ave. 76010
Phone: 817-275-1351
MWF 6:30am–9pm, Tu Th 8am-9pm,
Sat 9am–6pm, Sun Closed

4. Senior Recreation Center New York (SRCNY)
2015 Craig Hanking Drive 76010
Phone: 817-460-5009
M–F 8:30am–4pm, Sat & Sun Closed

6. Senior Recreation Center Eunice (SRCE)
1000 Eunice St. 76010
Phone: 817-277-8091
M Th F 8:30am–10pm, T W 8:30am–5pm,
Sat & Sun Closed

Aquatics

Outdoor Pools: 817-459-5483
1. Hugh Smith Indoor Pool
2. Bad Königshofen Family Aquatic Center
3. Helen Wessler Play Pool
4. Howard Moore Play Pool
5. Allen Bolden Pool
6. Randol Mill Family Aquatic Center
7. Woodland West Pool

Athletics

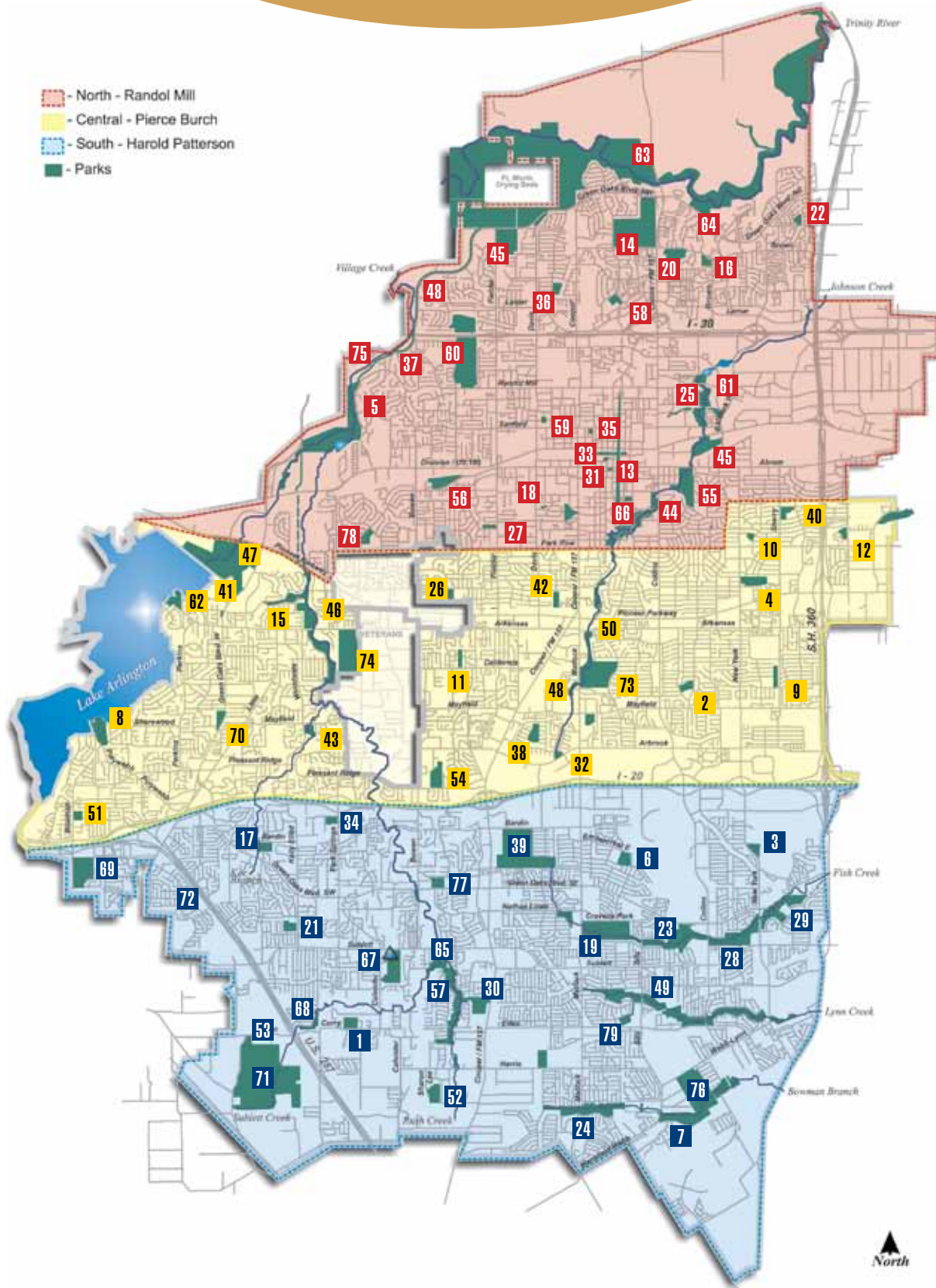
Adult Sports: 817-459-5463
Adult Softball Rainout: 817-462-3471
Youth Sports: 817-459-6434
Youth Sports Rainout: 817-459-6697

*Hours subject to change.

Arlington Parks

Conveniences & Activities

	Accessible facilities	Pavilion/Shelter	Picnic Area	Restrooms	Grill	Bike/Hike Trails	Golf Course	Equestrian Trails	Disc Golf	Horseshoes	Playground	Baseball/Softball League Fields	Basketball	Practice Field	Soccer League Fields	Tennis	Volleyball	Natural Area	Fishing	Splash Pad/Pool	Fitness Course
Allan Saxe Park 3501 Curry Road, 76001	1	●	●	●	●					●		●						●	●		
B.C. Barnes Park 3000 Daniel Drive, 76014	2	●	●	●						●		●									
Blackland Prairie 4907 New York Ave., 76018	3																	●			
Bob Cooke Park 2025 Craig Hanking Drive, 76010	4	●	●	●	●					●		●	●	●		●					
Bob Findlay Linear Park 900 Findlay Drive, 76012	5	●			●													●	●		
Bob McFarland Park 410 E. Embercrest Drive, 76018	6	●	●	●	●					●		●						●			
Bowman Branch Linear Park South Matlock Road, 76002	7																	●			
Bowman Springs Park 7003 W. Poly Webb Road, 76016	8	●	●	●	●					●		●							●		
Brantley Hinshaw Park 2121 Overbrook Drive, 76014	9	●	●	●	●						●	●	●							●	
Burl L. Wilkes Park 1300 Hillcrest Drive, 76010	10	●												●							
California Lane Park 2001 California Lane, 76015	11	●	●	●	●					●		●	●	●				●	●	●	
Carl Knox, Jr. Park 1200 Susan Drive, 76010	12	●	●	●	●					●		●	●	●						●	
Center Street Trail Connection From Randol Mill Rd. to Ray St.	13	●			●																
Chester W. Ditto Golf Course 801 Brown Blvd, 76011	14	●				●														●	
Clarence Foster Park 4400 Woodland Park Blvd., 76013	15	●	●	●	●						●										●
Clarence Thompson Park 1600 Brown Blvd., 76011	16	●	●	●	●									●				●			
Cliff Nelson Park 4600 W Bardin Road, 76017-2275	17	●	●	●	●						●							●	●		
College Hills Park 151 University Drive, 76013	18	●	●									●	●								
Cravens Park 400 Cravens Park Drive, 76018	19	●	●	●	●					●	●	●				●	●	●	●		
Crystal Canyon Natural Area 1000 Brown Blvd., 76011	20				●													●			
Deaver Park 5800 Kelly Elliott Road, 76017	21	●	●	●	●					●		●	●								
Dixon W. Holman Park 2409 Burney Place, 76006	22	●	●	●	●					●								●			
Dog Park - Tails N' Trails 950 SE Green Oaks Blvd, 76018	23	●			●																
Don Misenhimer Park 201 E Lonesome Dove Trail, 76002	24	●	●	●	●					●		●	●					●	●	●	
Dr. Robert Cluck Linear Park Randol Mill Rd. to Sanford St.	25	●			●													●			
Duncan Robinson Park 2100 W Tucker Blvd, 76013	26	●			●									●							
Fielder Park 1100 S Fielder Road, 76013	27	●	●	●	●							●	●	●		●					
Fish Creek Linear Park Including Cravens Park, 76018	28	●			●													●			
Fish Creek Neighborhood Park 2121 Havenwood Drive, 76018	29	●	●	●	●								●	●				●			●
F.J. 'Red' Kane Park 6500 S Cooper Street, 76001	30	●			●					●		●	●					●	●		
Founders Plaza / Levitt Pavilion 100 W Abram Street, 76010	31	●	●																		
Gateway Park 815 Arbrook Blvd, 76015	32	●			●															●	
Gene Allen Park 121 W Main Street, 76010	33	●	●											●							
Gene Schrickel, Jr. Park 4500 Park Springs Blvd, 76017	34	●	●	●	●					●			●					●	●		
George Stevens Park 400 W Sanford Street, 76011	35	●	●	●	●					●		●							●		
Gibbins Park 2101 Margaret Drive, 76012	36	●	●	●	●							●		●							●
Green Oaks Blvd./ Rush-Village Creek Trail Connection From River Legacy Parks South to Bob Findlay Linear Park	37	●			●													●			
H.A.D. Dunsworth Park 1100 Waverly Drive, 76015	38	●			●																
Harold Patterson Sports Center 1000 W Bardin Road, 76017	39	●	●	●	●							●		●							



	Accessible facilities	Pavilion/Shelter	Picnic Area	Restrooms	Grill	Bike/Hike Trails	Golf Course	Equestrian Trails	Disc Golf	Horseshoes	Playground	Baseball/Softball League Fields	Basketball	Practice Field	Soccer League Fields	Tennis	Volleyball	Natural Area	Fishing	Splash Pad/Pool	Fitness Course
40 Helen Wessler Park 2200 Greenway Street, 76010	●	●	●	●	●						●			●						●	
41 Heroes' Park 2100 W Green Oaks Blvd., 76013	●	●	●	●	●															●	
42 Howard Moore Park 2000 Bever Blvd., 76013	●	●	●	●	●						●							●		●	
43 Jake Langston Park 4080 W Mayfield Road, 76016	●	●	●	●	●						●										
44 Julia Burgen on the Greenway Collins St. to Park Row, 76010	●	●	●	●	●						●	●	●	●				●			
45 J.W. Dunlop Sports Center 1500 NW Green Oaks Blvd., 76012	●	●	●	●	●						●	●			●			●			
46 Kelley Park 4195 W Arkansas Lane, 76013	●	●	●	●	●													●			
47 Lake Arlington Golf Course 1516 W Green Oaks Blvd, 76013	●	●	●	●	●			●										●			
48 Lakes at Matlock 700 Central Park Drive, 76015	●	●	●	●	●														●		
49 Lynn Creek Linear Park 6501 Matlock Road, 76002	●	●	●	●	●													●			
50 Marrow Bone Spring Park 600 W Arkansas, 76014	●	●	●	●	●													●			
51 Marti VanRavenswaay Park 4601 Bowman Springs Road, 76016	●	●	●	●	●						●		●					●			
52 Martha Walker Park 7509 Sharon Lee Drive, 76001	●	●	●	●	●													●			
53 Martin Luther King Jr. Sports Center 7001 Golf Club Drive, 76060	●	●	●	●	●						●	●						●			
54 Mary & Jimmie Hooper Park 2303 W Pleasant Ridge Road, 76015	●	●	●	●	●						●		●					●	●		
55 Meadowbrook Park & Golf Course 1300 Dugan Street, 76010	●	●	●	●	●						●		●					●			
56 O.S. Gray Natural Area 2021 W Abram Street, 76013	●	●	●	●	●													●			
57 O.W. Fannin Natural Area Hardisty & Fox Hunt	●	●	●	●	●						●							●			
58 Parkway Central Park 600 Van Buren Drive, 76011	●	●	●	●	●						●										
59 Pirie Park 1016 W Cedar Street, 76012	●	●	●	●	●						●										
60 Randol Mill Park 1901 W. Randol Mill Road, 76012	●	●	●	●	●						●	●	●			●	●	●	●	●	
61 Richard Greene Linear Park 1601 E Randol Mill Road, 76011	●	●	●	●	●													●			
62 Richard Simpson Park 6300 W Arkansas Lane, 76016	●	●	●	●	●						●										
63 River Legacy Parks 701 NW Green Oaks Blvd., 76006	●	●	●	●	●						●				●			●	●	●	
64 River Legacy Parks - East 1601 NE Green Oaks Blvd., 76006	●	●	●	●	●						●		●					●	●		
65 Rush Creek Linear Park 4200 W Pioneer Pkwy., 76013	●	●	●	●	●													●			
66 Senter Park 700 Mary Street, 76010	●	●	●	●	●						●	●	●			●	●	●	●	●	
67 S.J. Stovall Park 2800 W Sublett Road, 76001	●	●	●	●	●													●			
68 Sublett Creek Linear Park Big Springs Drive & Bowen Road	●	●	●	●	●													●			
69 SW Nature Preserve 5201 Bowman Springs Road, 76017	●	●	●	●	●													●			
70 Thora Hart Park 3510 W Green Oaks Blvd., 76016	●	●	●	●	●						●							●			
71 Tierra Verde Golf Club 7005 Golf Club Drive, 76060	●	●	●	●	●													●			
72 Treepoint Park 5403 Treepoint Drive, 76017	●	●	●	●	●													●		●	
73 Vandergriff Park 2800 S. Center Street, 76014	●	●	●	●	●						●	●	●			●		●	●		
74 Veterans Park 3600 W Arkansas Lane, 76016	●	●	●	●	●													●	●		
75 Village Creek Historical Area 2605 Dottie Lynn Parkway, 76013	●	●	●	●	●						●	●	●					●	●		
76 Webb Community Park 1100 Mansfield Webb Road, 76002	●	●	●	●	●						●							●	●		
77 Wimbledon Park 2300 Wimbledon Drive, 76017	●	●	●	●	●						●	●	●					●		●	
78 Woodland West Park 3200 Norwood Lane, 76013	●	●	●	●	●													●			
79 W.O. & Zeta Workman Park 6701 Tabor Drive, 76002	●	●	●	●	●						●	●	●							●	



Swimming

Welcome to the Learn to Swim Program

The Learn to Swim program offers prospective swimmers of all ages the opportunity to enjoy swim lessons on weekends and weeknights! Weekend classes are offered Saturdays and Sundays over a period of ten weeks. Weekday lessons are on Monday and Wednesdays or Tuesday and Thursdays and run for five weeks. Our Learn to Swim program includes parent/tot, preschool and Red Cross certified swimming classes. We also offer private lessons for all ages. For more information or to register for the Learn to Swim program, please call **Hugh Smith Indoor Pool at 817-275-0513.**

Indoor Pool Memberships

- Annual Swim Pass**
\$90 ages 2-11, \$100 ages 12-54, \$85 ages 55 & up*
Families who purchase three or more annual swim passes receive 20% off. To receive the discount, passes must be purchased in the same transaction.
- Combo Pass**
This pass is a monthly membership that gives you unlimited water and land aerobics classes, open/lap swim and weight room usage at Hugh Smith Recreation Center and Hugh Smith Indoor Pool.
Cost: \$55 per month
- Swim Punch System**
\$20 - 8 punches, \$27 - 12 punches, \$48 - 24 punches
- Pool/Weight Room Pass**
This pass gives you access to Hugh Smith Indoor Pool open and lap swim and to Hugh Smith Recreation Center's weight room.
Single: Monthly \$34, Annual \$200
Additional family members 20% off (Membership card required)
- *Senior rates already discounted, therefore 20% off additional family member does not apply.
Annual swim pass does not include admission to outdoor pools.

Have a Splashing Good Time Rent a Pool for your Next Party!

Hugh Smith Indoor Pool is available to rent for private parties, family gatherings, etc. The availability of rental time depends upon the pool's operating hours. Lifeguards are provided for all rentals.

To book the indoor pool please call 817-275-0513. Rental fee of \$135 includes up to 40 people for two hours. A \$25 fee is added for each additional 40 people. One-hour increments may be added at half the total applicable rental fee. Seven days notice is required to book the indoor pool.

Babysitting Times and Guidelines

- Parents cannot leave the facility to run errands.
- Parents must be actively participating in a class or the weight room at Hugh Smith while their child is in our care.
- Children may not be left for more than one hour at a time.
- Childcare providers do not change diapers. Please make sure that your child has a clean diaper before dropping him or her off. If your child needs a diaper changed while you are in fitness class or working out, staff will come and get you to attend to your child.
- Please make sure that children are signed in and out of the childcare room.

**M/W/F 8:30-11:30am
M-Th 6-8pm**

Daily Admission Fees

- Free for ages two and under.
- \$3 ages 3-11 (Membership card required)
- \$3.50 ages 12 & up (Membership card required)
- \$6 guests (no Membership card required)

Family Night!

Friday nights at Hugh Smith Indoor Pool are Family Night Swim!

Start your weekend off right by spending a night at the pool with your family! Admission is \$2.50 per person between 6-8pm!



Starfish

One parent or trusted adult along with the instructor teaches your child fun and fitness while learning water adjustment, games, songs, swimming skills and safety in and out of the pool. This class is not meant to teach your child how to swim or survive in the water independently. Child must wear a swim diaper and bathing suit.

Age: 6-35 mo.			\$25 / 4 Classes	
Sa	Feb 5	9:30am-9:55am	HSRC	133946
			\$48 / 8 Classes	
Sa	Jan 8	10:00am-10:25am	HSRC	132961
Su	Jan 9	12:30pm-12:55pm	HSRC	132962
			\$60 / 10 Classes	
Sa	Mar 5	10:00am-10:25am	HSRC	132963
Sa	Mar 5	11:30am-11:55am	HSRC	132967
Su	Mar 6	1:00pm-1:25pm	HSRC	132969



Tadpole

Children age three are encouraged to become comfortable in the water without a parent. Learning is enhanced through interactive games and songs. Participants learn to blow bubbles in the water, how to float with support and basic leg movement.

Age: 3			\$25 / 4 Classes	
Sa	Feb 5	9:00am-9:25am	HSRC	132979
			\$48 / 8 Classes	
Sa	Jan 8	11:00am-11:25am	HSRC	132978
Su	Jan 9	1:30pm-1:55pm	HSRC	132980
			\$60 / 10 Classes	
Tu, Th	Feb 22	7:00pm-7:25pm	HSRC	132981
Sa	Mar 5	10:30am-10:55am	HSRC	132982
Su	Mar 6	12:00pm-12:25pm	HSRC	132983

Swimming

Clownfish PS1

Designed for our more timid preschool swimmers who have never participated in swim lessons and do not possess a high comfort level in the water, this class focuses on helping your child establish independence in the water while building a basic foundation for swimming skills. Class size is limited to four students to allow individualized instruction.

Prerequisite: None

Age: 4-5			\$25 / 4 Classes	
Sa	Feb 5	10:30am-10:55am	HSRC	133947
			\$48 / 8 Classes	
Sa	Jan 8	9:30am-9:55am	HSRC	132984
Sa	Jan 8	11:30am-11:55am	HSRC	132985
Su	Jan 9	12:00pm-12:25pm	HSRC	132986
			\$60 / 10 Classes	
Tu, Th	Jan 18	7:00pm-7:25pm	HSRC	132987
M, W	Feb 21	8:00pm-8:25pm	HSRC	132988
Sa	Mar 5	9:00am-9:25am	HSRC	132990
Sa	Mar 5	12:00pm-12:25pm	HSRC	132991
Su	Mar 6	1:30pm-1:55pm	HSRC	132992
Su	Mar 6	2:15pm-2:40pm	HSRC	132993

Dolphin PS2

This class is designed for the preschool swimmer who has had prior experience in the water and can fully submerge independently. The class focuses on teaching your child independent front and back floats and glides, propelling through the water with coordinated kicking and arm actions, holding breath for 5-10 seconds, retrieving objects off the bottom of the pool, rhythmic breathing and unassisted water entries and exits.

Prerequisite: Successful completion of Clownfish.

Age: 4-5			\$25 / 4 Classes	
Sa	Feb 5	10:00am-10:25am	HSRC	132995
			\$48 / 8 Classes	
Sa	Jan 8	9:00am-9:25am	HSRC	132994
Su	Jan 9	2:00pm-2:25pm	HSRC	132996
			\$60 / 10 Classes	
Tu, Th	Jan 18	7:30pm-7:55pm	HSRC	132997
Tu, Th	Feb 22	7:30pm-7:55pm	HSRC	132998
Sa	Mar 5	9:30am-9:55am	HSRC	133000
Su	Mar 6	12:30pm-12:55pm	HSRC	133001
M, W	Apr 4	8:00pm-8:25pm	HSRC	132999

Whale PS3

Designed for the more advanced preschool swimmer who has had prior experience in the water, this class builds on the previous level and improves child's coordination of simultaneous arm and leg actions and alternating arm and leg actions. Children begin to gain basic swimming propulsive skills to be comfortable in and around water.
Prerequisite: Successful completion of Dolphin.

Age: 4-5		\$25 / 4 Classes	
Sa	Feb 5	11:00am-11:25am	HSRC 133003
		\$48 / 8 Classes	
Sa	Jan 8	10:30am-10:55am	HSRC 133002
Su	Jan 9	1:00pm-1:25pm	HSRC 133004
		\$60 / 10 Classes	
M, W	Jan 17	8:00pm-8:25pm	HSRC 133005
Sa	Mar 5	11:00am-11:25am	HSRC 133007
Su	Mar 6	2:00pm-2:25pm	HSRC 133008
Tu, Th	Apr 5	7:00pm-7:25pm	HSRC 133006



Level 1

Introduction to Water Skills

Students learn beginning skills such as fully submerging face in water and retrieving objects, front and back floats, moving comfortably through water and entering and exiting water independently. This is a great class for those who have had little exposure to the water.
Prerequisite: None.

Age: 6-12		\$25 / 4 Classes	
Sa	Feb 5	9:00am- 9:40am	HSRC 133948
Sa	Feb 5	12:00pm-12:40pm	HSRC 133949
		\$48 / 8 Classes	
Sa	Jan 8	10:30am-11:10am	HSRC 133009
Sa	Jan 8	12:00pm-12:40pm	HSRC 133010
Su	Jan 9	1:30pm-2:10pm	HSRC 133011
Su	Jan 9	2:15pm-2:55pm	HSRC 133012
		\$60 / 10 Classes	
M, W	Jan 17	8:00pm-8:40pm	HSRC 133013
Tu, Th	Feb 22	8:00pm-8:40pm	HSRC 133014
Sa	Mar 5	9:00am-9:40pm	HSRC 133015
Sa	Mar 5	11:15am-11:55am	HSRC 133016
Sa	Mar 5	12:00pm-12:40pm	HSRC 133017
Su	Mar 6	12:00pm-12:40pm	HSRC 133018
Su	Mar 6	2:15pm-2:55pm	HSRC 133019

Level 2

Fundamental Aquatic Skills

Swimmers learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.
Prerequisite: Level 1 completion of skills

Age: 6-12		\$25 / 4 Classes	
Sa	Feb 5	10:30am-11:10am	HSRC 133021
Sa	Feb 5	12:00pm-12:40pm	HSRC 133022
		\$48 / 8 Classes	
Sa	Jan 8	9:00am-9:40am	HSRC 133020
Su	Jan 9	12:00pm-12:40pm	HSRC 133023
Su	Jan 9	1:30pm-2:10pm	HSRC 133024
		\$60 / 10 Classes	
Tu, Th	Jan 18	8:00pm-8:40pm	HSRC 133025
Sa	Mar 5	9:00am-9:40am	HSRC 133028
Sa	Mar 5	9:45am-10:25am	HSRC 133029
Sa	Mar 5	11:15am-11:55am	HSRC 133030
Sa	Mar 5	12:00pm-12:40pm	HSRC 133031
Su	Mar 6	12:00pm-12:40pm	HSRC 133032
Su	Mar 6	12:45pm-1:25pm	HSRC 133033
M, W	Apr 4	8:00pm-8:40pm	HSRC 133026

Level 3

Stroke Development

Swimmers learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Children also learn rules for headfirst entries and to enter the water headfirst from the side of the pool.
Prerequisite: Level 2 completion of skills.

Age: 6-12		\$25 / 4 Classes	
Sa	Feb 5	11:15am-11:55am	HSRC 133036
		\$48 / 8 Classes	
Sa	Jan 8	12:00pm-12:40pm	HSRC 133037
Su	Jan 9	12:00pm-12:40pm	HSRC 133038
Su	Jan 9	12:45pm-1:25pm	HSRC 133039
		\$60 / 10 Classes	
Tu, Th	Jan 18	8:00pm-8:40pm	HSRC 133040
M, W	Feb 21	8:00pm-8:40pm	HSRC 133041
Sa	Mar 5	9:00am-9:40am	HSRC 133043
Sa	Mar 5	9:45am-10:25am	HSRC 133044
Sa	Mar 5	10:30am-11:10am	HSRC 133045
Su	Mar 6	12:45pm-1:25pm	HSRC 133046
Su	Mar 6	1:30pm-2:10pm	HSRC 133047
Tu, Th	Apr 5	8:00pm-8:40pm	HSRC 133042

Register online at:
www.NaturallyFun.org

Level 4

Stroke Improvement

In this level, swimmers improve their skills and increase their endurance by swimming the front crawl and elementary backstroke for greater distances. Students continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced as well as the basics of turning at a wall.
Prerequisite: Level 3 completion of skills.

Age: 6-12		\$25 / 4 Classes	
Sa	Feb 5	9:45am-10:25am	HSRC 133049
		\$48 / 8 Classes	
Sa	Jan 8	11:15am-11:55am	HSRC 133050
Su	Jan 9	12:45pm-1:25pm	HSRC 133051
		\$60 / 10 Classes	
M, W	Jan 17	8:30pm-9:10pm	HSRC 133052
Sa	Mar 5	9:45am-10:25am	HSRC 133054
Sa	Mar 5	10:30am-11:10am	HSRC 133055
Su	Mar 6	1:30pm-2:10pm	HSRC 133056
Tu, Th	Apr 5	8:00pm-8:40pm	HSRC 133053



Level 5

Stroke Refinement

Participants refine their performance of all the strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke, and increase their distances. Flip turns on the front and back are introduced.
Prerequisite: Level 4 completion of skills.

Age: 6-12		\$48 / 8 Classes	
Sa	Jan 8	9:45am-10:25am	HSRC 133057
		\$60 / 10 Classes	
Sa	Mar 5	10:30am-11:10am	HSRC 133058

Level 6

Swimmers refine their strokes enabling them to with more ease, efficiency, power and smoothness over greater distances.
Prerequisite: Level 5 completion of skills

Age: 6-12		\$60 / 10 Classes	
Sa	Mar 5	11:15am-11:55am	HSRC 133060



Private Swim Lessons

One-on-one instruction provides the fastest progress possible due to the undivided attention of the instructor and individual lessons planned to meet that student's needs.

Age: 2-99		\$60 / 4 Classes	
Su	Jan 9	2:15pm-2:40pm	HSRC 133076
Su	Jan 9	2:30pm-2:55pm	HSRC 133078
M-Th	Jan 10	8:00pm-8:25pm	HSRC 133101
M-Th	Jan 10	8:30pm-8:55pm	HSRC 133114
Sa	Feb 5	11:30am-11:55am	HSRC 133075
Su	Feb 6	2:15pm-2:40pm	HSRC 133077
Su	Feb 6	2:30pm-2:55pm	HSRC 133079
M-Th	May 9	8:00pm-8:25pm	HSRC 133123
M-Th	May 9	8:30pm-8:55pm	HSRC 133127
		\$80 / 5 Classes	
Sa	Mar 5	12:00pm-12:25pm	HSRC 133080
Sa	Mar 5	12:30pm-12:55pm	HSRC 133082
Su	Mar 6	2:30pm-2:55pm	HSRC 133084
Sa	Apr 9	12:00pm-12:25pm	HSRC 133081
Sa	Apr 9	12:30pm-12:55pm	HSRC 133083
Su	Apr 10	2:30pm-2:55pm	HSRC 133085

Swim Lessons for Teens

This class is designed for teens who have little or no knowledge of swimming or want to improve their swimming strokes.

Age: 13-17		\$60 / 10 Classes	
Tu, Th	Feb 22	8:00pm-8:40pm	HSRC 133230

Beginning Swimming – Adult

This beginner level class introduces the crawl stroke, gliding, kicks, deep water swimming and survival floating.

Age: 18 and up		\$60 / 10 Classes	
M, W	Feb 21	8:30pm-9:10pm	HSRC 134402
M, W	Apr 4	8:30pm-9:10pm	HSRC 133227

Water Safety Instructor

Through classroom learning and hands on experience, the American Red Cross Water Safety Instructor Course prepares you to teach people of all ages to swim and to be safe in, on and around water. Participants must be able to swim 25 yards Frontcrawl, Backcrawl, Breaststroke, Sidestroke, Elementary Backstroke, 15 yards Butterfly, 1 minute tread and backfloat. All strokes must be performed at Level 4 skill level. Students must attend all classes. Class times are subject to change.

Age: 16 and up
Mar 11-16

\$245
HSRC 132796



Lifeguard Training

Students will be taught to recognize specific characteristic behaviors of distressed swimmers and active and passive drowning victims; recognize aquatic emergencies and act promptly and appropriately; perform equipment-based rescue skills and techniques used by professional lifeguards; recognize and care for possible spinal cord injuries; learn to provide first aid and CPR. Prospective students must be able to swim a total of 300 yards demonstrating freestyle and breaststroke. Must be able to swim 20 yds., submerge and retrieve a 10 lb. brick, return to the surface, swim 20 yds. back to the starting point within 1 minute 40 seconds. Candidates successfully completing the class will be certified in Lifeguarding, Standard First Aid and CPR for the Professional Rescuer. Attendance at all classes is required. Times are subject to change.

Age: 15-99
Mar 16-20
Apr 8-10, 15-17

\$200
HSRC 132798
HSRC 132799

LGI - Lifeguard Instructor

For currently certified Lifeguards who are seeking advanced training to train prospective Lifeguards. Must hold a current Lifeguard certification.

Age: 17 and up
Mar 11, 12, 14-17

\$200
HSRC 133073

Top 5 Reasons to Become a Lifeguard:



5. The hours are flexible and perfect for those who need seasonal work.

4. It's a great opportunity to increase your physical fitness.

3. You get to work with like-minded people and expand your social circle.

2. It provides life skills that will come in handy for years to come.

1. And, most importantly, you will be providing an amazing public service that ensures the safety and wellbeing of others.



April 2, 2011, Noon – 4 pm
Hugh Smith Indoor Pool
and Bob Cooke Park
1815 New York Ave, Arlington

Join the Mid-Cities Arlington Swimming Foundation and Arlington Parks and Recreation for a fun-filled day of activities, water safety education and a bounce house. Enjoy safety talks, swimming and scuba demonstrations, indoor kayaking and pool time for everyone. Hugh Smith Recreation Staff will be on hand to showcase a variety of their classes and programs. Other vendors include Arlington Fire Department, Starbucks and Arlington Library.



Showerhead Exchange

Arlington Water Utilities will conduct a showerhead exchange. You must bring in your old showerhead to receive a new 1.75 gallons p/minute high-efficiency showerhead. This showerhead saves 30% in water and energy over the standard 2.5 gpm showerhead. *Limit one per household.*

This event is part of the **Naturally Fun Neighborhoods** program and is free to attend.
For more information call 817-459-5474 or visit naturallyfun.org

Water Aerobics

All classes welcome non-swimmers! Classes include warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps, weight problems and pre- and postnatal students. Inform you instructor at the first class of any health conditions. Physician’s consent required.



Photocredit: John Moore, Volunteer Photographer

Class Descriptions

- Aqua Slim**
Get fit, get slim! Come for an evening of cardio, flexibility, toning and strengthening. This workout is great for all ages and populations. Get an amazing cardio workout without putting stress on body joints and parts!

Saturday Splash
This is no dip in the pool! This high intensity work out will definitely get you moving and the water splashing. The class is intended for beginners to advanced individuals. Wash those worries away!

H2O On the Go!
Get with the flow, with H2O on the Go! Enjoy a cardiovascular workout intended for beginners to advanced individuals who seek to strengthen and tone.

Hydro Blast
Blast off to the new you! This class is geared towards beginners to advanced individuals wanting to improve their health and strength with a great cardio workout. This medium to high intensity class gets your body moving towards the new you!
- Joints in Motion**
Get your joints back in gear! Class focuses on individuals with injuries and arthritic conditions and works to improve flexibility, strength and overall health.

Water Wellness
Great for beginners! This low impact class focuses on flexibility and toning. Improve your health with Water Wellness!

Aqua Zumba®*
Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party that makes working out a splash! Register on site or contact Carla Riffel, Zumba® Instructor at 817-229-3346 or by e-mail at carla@dfwdancefitness.com. City of Arlington Annual Membership Card Required.

Memberships
\$5- 1 class, \$32- 8 classes, \$42- 12 classes, \$72- 24 classes, Unlimited Land and Water Aerobics Monthly \$45-see page 22.

*Prices do not include Aqua Zumba® class fee.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00	Closed					Saturday Splash	Closed	
8:30								
9:00	H2O on the Go!	Water Wellness & Lap Swim	H2O on the Go!	Water Wellness & Lap Swim	H2O on the Go!	Swim Lessons		
9:30								
10:00	Open Swim							
10:30								
11:00								
11:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons			
11:45								
12:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Swim Lessons		
12:15								
12:30	Joints in Motion	Joints in Motion	Joints in Motion	Joints in Motion			Swim Lessons	
12:45								
1:00	Open Swim	Open Swim	Open Swim	Open Swim				Swim Lessons
1:15								
1:30	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons			
2:00								
2:30	Closed			Female Only Swim		Closed		
3:00								
3:30	Closed					Open Swim		
4:00	Swim Team							
4:30								
5:00								
5:30	Swim Team					Lap Swim	Rental	
6:00								
6:30						Lap Swim		Aqua Slim
7:00	Aqua Zumba®	Lap Swim & Lessons	HydroBlast	Lap Swim & Lessons				
7:30								
8:00	Swim Lessons				Rental	Rental		
8:30								

Kite Festival / Animal Services

Let's Go Fly a Kite

Bring the whole family out to this exciting event featuring kite building workshops, stunt demonstrations and contests for kites of every shape and size. Contests are separated into categories based on age. Contest registration is onsite the day of event. For more details call 817-459-6434.

Kite Festival
March 12
River Legacy Parks
10 am – 2 pm

Up to the highest heights!

To get your kite in the air, have a friend stand 50 to 80 away from you with the kite. When ready have your friend release the kite while you lift the string over your head and slowly walk backwards. This should allow the kite to rise to a good altitude for flying. Be sure to keep the string comfortably tight, too much slack can cause your kite to fall out of the sky.



Photocredits: Clay Crowell and Maureen Lanard, Volunteer Photographers

How to build your own kite websites:

www.ehow.com
www.skratch-pad.com
www.wikihow.com
www.ivillage.com

Diamond Shaped:

www.ehow.com
www.kiteflyerinfo.com
www.suite101.com
www.thescope.ca



The Arlington Animal Services Center 2011 Calendar is Now Available

The Arlington Animal Services Center 2011 Calendar is Now Available Looking for that purr-fect gift for a loved one? For each \$10 donation, receive a calendar as a thank-you gift. This grrr-eat gift directly benefits the homeless animals at the shelter.

Calendars are available at the Arlington Animal Services Center as well as the following locations:

Arlington South Vet Hospital
Creature Comfort
Decorator's Warehouse
Fabulous 50's
Gully Animal Hospital
HE Cannon Florist
Jo Ed Bomber's

Re/Max Pinnacle
Richter Animal Hospital
Wild Birds Unlimited
Yarn Haven
Studio Works Photography
Arlington Parks & Recreation



Arlington Animal Services, 1000 S.E. Green Oaks Blvd., Arlington, TX 76018 • 817-459-5898

Music



Guitar Level 1

Learn basic guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Level 1

Age: 8 and up				\$52 / 6 Classes
F	Jan 14	7:30pm-8:20pm	HSRC	133086
Sa	Jan 15	12:15pm-1:05pm	HSRC	133089
Th	Feb 3	6:00pm-6:50pm	DLRC	134123
Sa	Feb 5	1:00pm-1:50pm	CNRC	134205
Tu	Feb 8	7:30pm-8:20pm	CNRC	134204
F	Feb 25	7:30pm-8:20pm	HSRC	133087
Sa	Feb 26	12:15pm-1:05pm	HSRC	133090
Tu	Mar 22	7:30pm-8:20pm	CNRC	134203
Th	Mar 24	6:00pm-6:50pm	DLRC	134124
Sa	Mar 26	1:00pm-1:50pm	CNRC	134206
F	Apr 15	7:30pm-8:20pm	HSRC	133088
Sa	Apr 16	12:15pm-1:05pm	HSRC	133384

Level 2

Age: 8 and up				\$52 / 6 Classes
Sa	Jan 15	1:00pm-1:50pm	HSRC	133136
Sa	Feb 5	2:00pm-2:50pm	CNRC	133134
Sa	Feb 26	1:15pm-2:05pm	HSRC	133137
Sa	Mar 19	2:00pm-2:50pm	CNRC	133135
Th	Mar 24	7:00pm-7:50pm	DLRC	134162
Sa	Apr 9	1:15pm-2:05pm	HSRC	133138

Shake, Rattle & Grow

Bring your toddler to this fast movin', music playin', toe tappin' class. Class will concentrate on movement, rhythm and interaction with you and other participants in the class. We involve colors, bubbles, musical instruments and well-known upbeat music that will get everyone movin' and groovin'. Parents must attend and participate throughout the program.

Age: 1-3				\$15 / 2 Classes
W	Jan 19	11:00am-11:30am	DLRC	134189

				\$30 / Month
W	Feb 2	11:00am-11:30am	DLRC	134190
W	Mar 2	11:00am-11:30am	DLRC	134191
W	Apr 6	11:00am-11:30am	DLRC	134192

Private Music Lessons Available

Keyboarding and Guitar
One person, one lesson - \$30
One person, three lessons - \$75

Each session is 45 minutes long.
Contact your recreation center to set up a convenient time with our instructor. (see numbers at bottom of page)



Keyboarding

Using an electric keyboard, you'll learn beginning skills: notes and their time values, fingering, simple songs, etc. Fee includes piano book. A keyboard or piano for home practice is recommended.

Level A		Age: 6-15		\$48 / Month
M	Jan 10	7:00pm-7:50pm	CNRC	134978
Th	Jan 13	7:10pm-8:00pm	HSRC	133151
Sa	Jan 15	9:10am-10:00am	HSRC	133152
Tu	Feb 1	6:00pm-6:50pm	DLRC	134172
Th	Feb 3	7:10pm-8:00pm	HSRC	133158
F	Feb 4	7:10pm-8:00pm	CNRC	133160
Sa	Feb 5	9:10am-10:00am	HSRC	133157
Sa	Feb 5	1:00pm-1:50pm	CNRC	133164
M	Feb 7	7:00pm-7:50pm	CNRC	134979
Tu	Mar 1	6:00pm-6:50pm	DLRC	134175
Th	Mar 3	7:10pm-8:00pm	HSRC	133153
F	Mar 4	7:10pm-8:00pm	CNRC	133161
Sa	Mar 5	9:10am-10:00am	HSRC	133154
Sa	Mar 5	1:00pm-1:50pm	CNRC	133165
M	Mar 7	7:00pm-7:50pm	CNRC	164980
F	Apr 1	7:10pm-8:00pm	CNRC	133162
Sa	Apr 2	1:00pm-1:50pm	CNRC	133166
M	Apr 4	7:00pm-7:50pm	CNRC	134981
Tu	Apr 5	6:00pm-6:50pm	DLRC	134176
Th	Apr 7	7:10pm-8:00pm	HSRC	133155
Sa	Apr 9	9:10am-10:00am	HSRC	133156

Level B		Age: 6-15		\$48 / Month
Sa	Jan 15	10:10am-11:00am	HSRC	133168
Sa	Feb 5	10:10am-11:00am	HSRC	133169
Sa	Mar 5	10:10am-11:00am	HSRC	133170
Sa	Apr 9	10:10am-11:00am	HSRC	133171

Level C		Age: 6-15		\$48 / Month
Sa	Jan 15	11:10am-12:00pm	HSRC	133173
Sa	Feb 5	11:10am-12:00pm	HSRC	133174
Sa	Mar 5	11:10am-12:00pm	HSRC	133175
Sa	Apr 9	11:10am-12:00pm	HSRC	133176

Cliff Nelson (CNRC) 817-561-2819 • Dottie Lynn (DLRC) 817-277-5001 • Elzie Odom (EOAC) 817-459-6434 • Hugh Smith (HSRC) 817-275-1351

Art Academy

Spend some time exploring all things art. We will paint, sculpt, create and more.

Age: 6-12		\$37 / Month	
M	Jan 31	4:00pm-5:00pm	DLRC 134406
M	Feb 28	4:00pm-5:00pm	DLRC 134407
M	Apr 4	4:00pm-5:00pm	DLRC 134408

Cartooning

Draw your own cartoons! You will learn how to draw facial expressions, movement and word balloons.

Age: 6-12		\$35 / Month	
M	Jan 31	6:15pm-7:15pm	DLRC 134100
M	Feb 28	6:15pm-7:15pm	DLRC 134109
M	Apr 4	6:15pm-7:15pm	DLRC 134110

Drawing and Painting

Children draw and develop color awareness. Opportunities will be provided to allow children to draw from real objects with plenty of guidance. Old clothes and/or smocks are recommended.

Age: 6-12		\$37 / Month	
W	Feb 2	5:00pm-6:00pm	CNRC 134168
W	Feb 2	4:00pm-5:00pm	DLRC 134403
W	Mar 2	5:00pm-6:00pm	CNRC 134169
W	Mar 2	4:00pm-5:00pm	DLRC 134404
W	Apr 6	5:00pm-6:00pm	CNRC 134170
W	Apr 6	4:00pm-5:00pm	DLRC 134405

Drawing for Fun

Learn the basics using shapes, lines, shadows and textures with both pencil and color.

Age: 6-12		\$35 / Month	
M	Jan 10	6:10pm-7:00pm	HSRC 133131
M	Feb 7	6:10pm-7:00pm	HSRC 133132
M	Mar 7	6:10pm-7:00pm	HSRC 133133
M	Apr 4	6:10pm-7:00pm	HSRC 133377

Register online at:

www.NaturallyFun.org

Krafty Kids

Come join us for creative FUN! Use your hands and imagination to create a variety of messy crafts! Please wear old clothes. This is a parent participation class.

Age: 3-5		\$16 / Two Week "Try Me" Class	
W	Jan 12	6:00pm-6:30pm	HSRC 133178
Sa	Jan 15	1:00pm-1:30pm	HSRC 133181
Th	Jan 20	11:00am-11:30am	DLRC 134183

		\$32 / Month	
W	Feb 2	6:00pm-6:30pm	HSRC 133179
Sa	Feb 5	1:00pm-1:30pm	HSRC 133182
Th	Feb 3	11:00am-11:30am	DLRC 134184
W	Mar 2	6:00pm-6:30pm	HSRC 133180
Sa	Mar 5	1:00pm-1:30pm	HSRC 133183
Th	Mar 3	11:00am-11:30am	DLRC 134185
Sa	Apr 9	1:00pm-1:30pm	HSRC 133383
Th	Apr 7	11:00am-11:30am	DLRC 134188

Messy Marvins

Come enjoy a class where it's okay for everyone to be messy. We will get our hands involved in all types of craft projects. This is a parent participation class.

Age: 2-3		\$32 / Month	
M	Jan 10	5:30pm-6:00pm	HSRC 133184
Sa	Jan 15	1:30pm-2:00pm	HSRC 133187
Sa	Feb 5	1:30pm-2:00pm	HSRC 133188
M	Feb 7	5:30pm-6:00pm	HSRC 133185
Sa	Mar 5	1:30pm-2:00pm	HSRC 133189
M	Mar 7	5:30pm-6:00pm	HSRC 133186
M	Apr 4	5:30pm-6:00pm	HSRC 133381
Sa	Apr 9	1:30pm-2:00pm	HSRC 133382

Mudworks

Let's get messy! We will make all kinds of really cool dough and other 'muddy' things! Please wear your grubby clothes!

Age: 2-3		\$16 / Two Week "Try Me" Classes	
T	Jan 18	9:30-10:0am	DLRC 134179

Age: 2-3		\$32 / Month	
T	Feb 1	9:30-10:00am	DLRC 134180
T	Mar 1	9:30-10:00am	DLRC 134181
T	Apr 5	9:30-10:00am	DLRC 134182

Ooey-Goey Art

Clay play, finger paints, Plaster of Paris, papier mache and all things ooey and goey. This is a parent participation class. Please wear old clothes.

Age: 2-3		\$32 / Month	
Sa	Jan 22	9:30am-10:00am	CNRC 134312
Sa	Feb 5	9:30am-10:00am	CNRC 134224
Sa	Mar 5	9:30am-10:00am	CNRC 134225
Sa	Apr 2	9:30am-10:00am	CNRC 134226

Art classes are a wonderful way for children to express their creativity,

while at the same time learn fundamental skills that will improve their artistic endeavors!

Why is art education important?

Early exposure to visual art, music, or drama promotes activity in the brain. Art helps children understand other subjects much more clearly—from math and science, to language arts and geography. Art nurtures originality aiding in the development of self-esteem, self-discipline, cooperation, and self-motivation.

Participating in art activities helps children to gain the tools necessary for understanding human experience, adapting to and respecting others' ways of working and thinking, developing creative problem-solving skills, and communicating thoughts and ideas in a variety of ways.

We offer many different art classes for kids in many forms. For young children, art classes are often relatively freeform affairs that simply give children an opportunity to create without restrictions.



Dance

Dance

Non-Recital

Ballet & Tap Preschool

This is an ongoing class that anyone can join at any time. This is a great test class to see how your child likes dance.

Age: 3-5		\$18 / Two Week "Try Me" Classes			
M	Jan 17	6:00pm-6:50pm	CNRC	134128	
F	Jan 21	5:30pm- 6:20pm	CNRC	134119	
Sa	Jan 22	11:30am-12:20pm	DLRC	134075	

Age 3-5		\$35 / Month			
F	Feb 4	5:30pm-6:20pm	CNRC	134113	
Sa	Feb 5	11:30am-12:20pm	DLRC	134076	
M	Feb 7	6:00pm-6:50pm	CNRC	134120	
F	Mar 4	5:30pm-6:20pm	CNRC	134117	
Sa	Mar 5	11:30am-12:20pm	DLRC	134077	
M	Mar 7	6:00pm-6:50pm	CNRC	134121	
F	Apr 1	5:30pm- 6:20pm	CNRC	134118	
Sa	Apr 2	11:30am-12:20pm	DLRC	134078	
M	Apr 4	6:00pm-6:50pm	CNRC	134122	

Ballet & Tap Elementary

Learn beginning classical ballet and tap. Equal time is devoted to both styles of dance. Ballet and Tap shoes required.

Age: 6-12		\$18 / Two Week "Try Me" Classes			
F	Jan 21	6:30pm-7:20pm	CNRC	134112	
Sa	Jan 22	12:30pm-1:20pm	DLRC	134082	

Age 6-12		\$35 / Month			
F	Feb 4	6:30pm-7:20pm	CNRC	134104	
Sa	Feb 5	12:30pm-1:20pm	DLRC	134095	
F	Mar 4	6:30pm-7:20pm	CNRC	134108	
Sa	Mar 5	12:30pm-1:20pm	DLRC	134096	
F	Apr 1	6:30pm-7:20pm	CNRC	134111	
Sa	Apr 2	12:30pm-1:20pm	DLRC	134097	

Jazz Elementary

If you're looking for the class that really moves, here it is! Students learn jazz squares, leaps, attitudes and combination steps.

Age: 6-12		\$35 / Month			
W	Feb 2	7:00pm-7:50pm	CNRC	134217	
W	Mar 2	7:00pm-7:50pm	CNRC	134221	
W	Apr 6	7:00pm-7:50pm	CNRC	134222	

Jo-Ann's Little Dancers

Enrollment is ongoing for this dance program offered to you at CNRC & HSRC. We have partnered with Jo-Ann's Little Dancers to offer a great program to your preschooler to learn the art of ballet and tap. For more information or to register for this program please contact Jo-Ann Ingram at 817-498-8616.

Ballet & Tap		Age: 3-5	
F	6:00pm-6:45pm	HSRC	
Sa	9:00am-9:45am	HSRC	

		Age: 6-12	
F	6:45pm-7:30pm	HSRC	
Sa	10:30am-11:15am	HSRC	

Hip Hop/ Jazz		Age: 6-12	
F	7:30pm-8:15pm	HSRC	

Tumbling for Tots		Age: 3-5	
Sa	9:45am-10:30am	HSRC	

Showcase Classes

Showcase classes include a dance costume and a recital on May 12, 2011 at Bob Duncan Center. All Dance Showcase classes have tuition of \$200 which covers January through May. Showcase includes costume, spring dance classes, the recital and reception and four invitations to the recital.

Payment options: A onetime payment of \$200 or 3 installments of \$70 each, due the first week of class in Jan, Feb and March.

Showcase dancers must be enrolled for the entire session of classes.

Classical Ballet - Preschool

Learn grace, coordination, balance and strength while learning ballet positions, jumps and combinations. Ballet shoes required.

Age: 3-5					
Th	Feb 3	4:00pm-4:50pm	DLRC	134042	

Ballet & Tap - Preschool

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 3-5					
Th	Feb 3	5:00pm-5:50pm	DLRC	134064	
Th	Feb 3	5:00pm-5:50pm	CNRC	134085	
Sa	Feb 5	9:00am-9:50am	CNRC	134089	
Sa	Feb 5	9:30am-10:20am	DLRC	134061	

Ballet & Tap - Elementary

Learn beginning classical ballet and tap. Equal time is devoted to both styles of dance. Ballet and Tap shoes required.

Age: 6-12					
Th	Feb 3	6:00pm-6:50pm	CNRC	134052	
Th	Feb 3	6:00pm-6:50pm	DLRC	134070	
Sa	Feb 5	10:00am-10:50am	CNRC	134055	
Sa	Feb 5	10:30am-11:20am	DLRC	134067	



Jazz - Elementary Showcase

If you're looking for the class that really moves, here it is! Students learn jazz squares, leaps, attitudes and combination steps.

Age: 6-12					
W	Feb 2	6:00pm-6:50pm	CNRC	134213	

Dance - Adult

Ballroom Dance - Beginner

Come and join us for a night of social dancing. Learn different forms of dance including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Merengue.

Age: 18 and up		\$34 / individual or \$65 / couple			
W	Jan 19	7:00pm-8:00pm	CNRC	134129	
W	Jan 19	8:00pm-9:00pm	CNRC	134132	
W	Mar 2	7:00pm-8:00pm	CNRC	134130	
W	Mar 2	8:00pm-9:00pm	CNRC	134133	
W	Apr 13	7:00pm-8:00pm	CNRC	134131	
W	Apr 13	8:00pm-9:00pm	CNRC	134134	

Belly Dancing

Join this class concentrating on a specific branch of American Tribal Dance. The class includes technique and an in-depth lesson.

Age: 16 and up		\$40 / 8 Classes			
		Beginner			
Tu	Feb 8	7:30pm-8:15pm	EOAC	132671	
Tu	Apr 12	7:30pm-8:15pm	EOAC	132672	
		Intermediate			
Tu	Feb 8	8:15pm-9:00pm	EOAC	132673	
Tu	Apr 12	8:15pm-9:00pm	EOAC	132674	

Did you know?

The Benefits of Belly Dancing Include:

- Body toning and building lean muscles
- Improved balance
- Increased coordination
- Greater flexibility
- Enhanced endurance, stamina and energy
- Improved posture and appearance
- Burns calories, weight control
- Better circulation
- Better sleep
- Builds self-esteem
- Relieves stress
- Development of poise and grace
- Being creative through movement

Country & Western Dance

Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schottische, Texas Polka and Line dance. Instructors: Peggy & Chuck Keim.

Age: 18 and up		\$34 / individual or \$65 / couple			
M	Jan 24	8:00pm-9:00pm	CNRC	134165	
M	Mar 7	8:00pm-9:00pm	CNRC	134166	
M	Apr 18	8:00pm-9:00pm	CNRC	134167	



Fitness Classes

Fitness Membership Info

Ask the Trainer

Join our trainer once a month for an informational hour of free fitness and nutrition advice. Our trainer will be available to answer questions, provide equipment and exercise instruction, and answer your nutritional and diet questions. There's no extra charge, all you need is a facility card and current fitness room membership.

Sa	Jan 8	1:00pm-2:00pm	HSRC
Sa	Jan 8	11:00am-12:00pm	DLRC
Sa	Feb 5	1:00pm-2:00pm	HSRC
Sa	Mar 5	1:00pm-2:00pm	HSRC
Sa	Mar 26	11:00am-12:00pm	HSRC
Sa	Apr 2	1:00pm-2:00pm	HSRC
Sa	May 14	1:00pm-2:00pm	HSRC

Senior Exercise

Group exercise class for seniors including flexibility, balance and strength done to big band and swing music. Seniors learn proper technique in use of free weights, bands and tubes.

Age: 50 and up		\$12 / Month	
Tu, Th	Jan 4	8:00am-9:00am	DLRC 131919
Tu, Th	Feb 1	8:00am-9:00am	DLRC 131920
Tu, Th	Mar 1	8:00am-9:00am	DLRC 131921
Tu, Th	Apr 5	8:00am-9:00am	DLRC 131922

Personal Trainer

Certified personal trainers are available for one-on-one instruction for all ages and skill levels. Arrange times between the instructor and student. Call the center where you wish to participate. Membership card and Fitness Room Membership required.

One person, one session.....	\$45
One person, five sessions.....	\$180
Two people, one session.....	\$70
Two people, five sessions.....	\$285

Land & Water Fitness Membership

Unlimited land and water fitness membership includes yoga, aerobics, water aerobics (at Hugh Smith Indoor Pool) and fitness room. Ages 14 and up, \$45 / month.

Zumba®

A fusion of Latin/International music and dance themes for training sessions which feature fast and slow rhythms designed to provide resistance training to tone your body and help burn fat. All fitness levels welcome! Register on site or contact Carla Riffel, Zumba® Instructor 817-229-3346 or by e-mail, carla@dfwdancefitness.com.

S	9:30am-10:30am	HSRC
M, W, F	9:30am-10:30am	CNRC
T, Th	11:00am-12:00pm	HSRC
M, W	6:00pm-7:00pm	HSRC
T	6:00pm-7:00pm	EOAC
T, Th	6:00pm-7:00pm	CNRC

Zumba® Toning	
W	7:00pm-8:00pm CNRC



SRCE Weight Room Memberships and Hours

Monthly.....	\$12
Annual.....	\$120
Monthly matinee hour special Mon-Fri, 1-3pm only.....	\$8
Day passes available.	

SRCE	
M, Th, F	8:30am-9:30pm
Tu, W	8:30am-5:00pm
SRCNY (HSRC)	
M-F	8:30am-9:00pm
Sa	9:00am-6:00pm

For more fitness classes see the Mature Adult section on page 64.

Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room, inline skating and rock climbing at EOAC.

Kickboxing

Get a great cardio workout while learning kickboxing basics in this non-contact class.

Mat Pilates

Mat Pilates tones your body and improves your flexibility using the mind-body connection. Pilates works on the core muscle groups to give your body better control. Breathing techniques and body awareness are also emphasized.

Sculpting & Toning

This overall body conditioning class increases strength and sculpts and tones all major muscle groups. Participants learn proper form with use of free weights, body weight and band exercises.

Senior Exercise

This group exercise class for seniors includes flexibility, balance and strength training done to big band and swing music. Participants learn proper technique in use of free weights, bands and tubes.

Tai Chi

Tai Chi improves balance, flexibility and strength. The class will help improve yourself both physically and mentally.

Yoga

Yoga is a complete toning of the whole body. Yoga releases stress from the body while improving muscular endurance, increasing flexibility and reducing cholesterol.

Zumba®

A blend of Latin Rhythms and easy to follow dance moves, this low impact class features routines with interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Did you know?

Professional Athletes such as Jason Kidd incorporate Pilate exercises into their regular workout routine. It helps athletes with endurance, speed and quickness.

Free Weight Room Orientations 1st Saturday of each month, 10:00am - 12:00pm
(Holiday hours may vary)

Fitness Rooms Memberships (Membership card required for all fitness room passes)

Join our state-of-the-art fitness/weight room featuring a complete line of Nautilus strength equipment and a variety of cardiovascular machines (treadmills, stair climbers, ellipticals and bikes). Gyms open for free play with membership (subject to availability). Child care is available.

Cliff Nelson, Dottie Lynn, Hugh Smith, Meadowbrook

Age: 14 and up

Daily with Membership card.....	\$3
Daily without Membership card.....	\$6
Monthly.....	\$15
Annual.....	\$150
Senior Monthly*.....	\$12
Senior 6-Month*.....	\$60
Senior Annual*.....	\$120

Child Care & Babysitting: Ages 3 months and up

CNRC		DLRC	
M,W,F	8:30am-11:30am	M, W, F	8:30am-10:30am
T,Th	8:30am-11:00am	Tu, Th	5:30pm-7:30pm
M	5:30pm-8:00pm	M, W	6:30pm-8:00pm
T,W,Th	5:30pm-8:00pm		

HSRC: M, W, F 8:30am-11:30am; M-Th 6:00pm-8:00pm; T-Th 11:00am-12:00pm, Sa 9:00am-11:30pm

Elzie Odom Athletic Center

Age: 14 and up

Daily with Membership card.....	\$3
Daily without Membership card.....	\$6
Monthly.....	\$20
6-Month.....	\$100
Annual.....	\$200
Additional Family Members.....	*20% off
Basketball / Track.....	\$10 / month or \$100 / year
Senior Monthly.....	\$12
Senior 6-Month.....	\$60
Senior Annual.....	\$120

Child Care & Babysitting: Ages 2 and up

M-Th	6:00pm - 9:00pm	EOAC
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Additional family members receive a 20% discount off any annual fitness membership when purchased at the same time.

Fitness Classes

Fitness Grids

Cliff Nelson Recreation Center

4600 W. Bardin Road • Arlington, TX 76017 • 817-561-2819

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am	Fit Over 50		Fit Over 50		Fit Over 50	
9:30am	*Zumba®		*Zumba®		*Zumba®	
10:00am		Kickboxing		Kickboxing		
10:30am	Low Impact Aerobics		Low Impact Aerobics		Low Impact Aerobics	
11:00am		Sculpt & Tone		Sculpt & Tone		
5:30pm			Pilates		Pilates	
6:00pm	Cardio Step	*Zumba® Yoga	Cardio Step	*Zumba® Yoga		
7:00pm		Boot Camp	*Zumba® Toning	Boot Camp		
7:30pm				Fitness Belly Dancing		

*Extra fee applies

Elzie Odom Athletic Center

1601 NE Green Oaks Blvd. • Arlington, TX 76006 • 817-459-6434

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Total Conditioning		Body “Booty” Camp			
9:00am						Instructor’s Choice
10:00am						Strength & Tone
5:45pm	Body “Booty” Camp					
6:00pm		Fitness Boxing Zumba®*	Abs & Legs Conditioning Rock Climbing	Abs Attack		
6:30pm	Step & Body Sculpting		Step	Instructor’s Choice		
7:00pm		Integral Tai Chi		Integral Tai Chi		

*Extra fee applies

Dottie Lynn Recreation Center

3200 Norwood Lane • Arlington, TX 76013 • 817-277-5001

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Yoga Fitness		Yoga Fitness		Yoga Fitness	
8:00am		Senior Exercise		Senior Exercise		
8:15am	Zumba®		Zumba®		Zumba®	
9:00am					Strength Training w/FitBall	Aerobics
9:30am	Yoga Dhama	Yoga Light Dhama	Yoga Gentle Dhama	Yoga Gentle Dhama		
12:00pm		Tai Chi		Tai Chi		
5:30pm		Yoga Fitness		Mat Pilates		
6:15pm	Bootcamp					
6:30pm		Zumba®	Aerobics	Aerobics		

Hugh Smith Recreation Center

1815 New York Ave. • Arlington, TX 76010 • 817-275-1351

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am	Senior Strength Training		Senior Strength Training		Senior Strength Training	
9:30am	Bootcamp		Bootcamp		Step Aerobics	Zumba®
9:45am	Tai Chi				Tai Chi	
10:30am	Pilates		Pilates		Pilates	
11:00am		Zumba®		Zumba®		
6:00pm	Zumba®		Zumba®		Zumba®	
7:00pm			Yoga			

Adult Sports Leagues



Basketball

The City of Arlington offers adult basketball during the winter, spring, summer and fall seasons. The 8-game leagues are played at Elzie Odom Athletic Center in north Arlington or at Meadowbrook Recreation Center in central Arlington. League play includes Men's Competitive, Men's Recreational divisions.



Volleyball

Adult volleyball offers women's and coed leagues. Women's leagues are offered on Monday and Tuesday. Coed leagues are offered on Thursday and Sunday nights. Leagues are offered during the winter, spring, summer and fall seasons.

Women's Young 2 Old Recreational: This Division is for Women ages 14 and up. Perfect for the Mom and Daughter or the Youth group. This is a great opportunity for the beginner with those anxious to have fun.



Flag Football

The City of Arlington's Men's Adult summer season Flag Football leagues are offered during the spring, winter, summer and fall seasons. Games are played at Harold Patterson Sports Complex in south Arlington on Sunday afternoons or Monday evenings.



Inline Hockey

The City of Arlington offers Adult Inline Hockey Leagues for Men ages 18 & up. Each season consists of 8 games plus playoffs. All teams must provide their own uniforms and game equipment (H.E.C.C. Certified Helmet, Hockey Gloves, Skates and Shin Pads). Leagues will follow the rules and regulations set by the City of Arlington Parks and Recreation Department and USA Hockey.

For more information contact us at 817-459-5463



Adult Softball Program

Harold Patterson Sports ASA Leagues

Located in South Arlington off I-20 and Bardin Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

Randol Mill Park USSSA Leagues

Located in north Arlington off I-30 and Randol Mill Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

Wondering if your scheduled league game is rained out?
Call our adult rainout line at 817-462-3471.

Elzie Odom (EOAC) 817-459-6434 or 817-459-5463

Spotlight Coach / Field Rentals

Spotlight Coach Coach Freeman

Coach Yolanda Freeman has a passion for volleyball and that passion spills over to everyone she comes in contact with. Yolanda has been fundamental in putting together our Young 2 Old Volleyball League which mixes Moms and Dads and their children together on the same team.

Coach Freeman has been a part of the Arlington Parks and Recreation Department for several years as a Volleyball player, mentor and coach. She recognizes the importance of keeping a person healthy, active and participating embodying the adage, "Live as you Teach".



Coach Freeman enjoys coaching her daughter and other players in the city's Volleyball leagues. She is a coach committed to teaching our youth lifelong skills. She promotes "FUN" in sports, healthy bodies, family and teamwork while teaching our youth and adults positive behaviors that will last them a lifetime.

Thanks Coach Yo!!



Rent a Softball Field Complex
for a Gathering, Tournament or
Corporate event!



Need a great location for your big family get-together?

Is your team ready to take on the world, or at least anyone in the Metroplex?

Tired of listening to the tall tales from co-workers about their weekend games?

Rental Fees (lights are additional): Saturday rate \$400 (8:00 am – 8:00 pm) field prep included. Lights \$80 (per hour per field). Deposits: Complex Rental \$100 per event. Rental groups may seek permit approval for alcohol at least 30 days in advance of the event. No pets are allowed inside the softball complex or on the athletic fields – City Ordinance # 5.05 (A) (5).



Call 817-459-5463 to set up a reservation today!



Youth Sports Leagues



For more information on Youth Leagues call 817-459-6434
or visit us on the web at naturallyfun.org

Spring 2011

Coach Pitch

Registration: February 1 - 28
Season Begins: March 26
Game Location: Harold Patterson
Ages: 7-8 \$70 / 8 games
Barcode: 134733

Kickball

Registration: February 1 - 28
Season Begins: March 26
Game Location: Harold Patterson
Ages: 5-12 \$35 / 8 games
Barcode: 134972

Outdoor Soccer

Registration: February 1 - 28
Season Begins: March 26
Game Location: North / South Arlington
Ages: 3-12 \$65 / 8 games
Barcode: 134967

T-Ball

Registration: February 1 - 28
Season Begins: March 26
Game Location: Harold Patterson
Ages: 3-6 \$70 / 8 games
Barcode: 134733

Wondering if your scheduled
league game is rained out?
Call our youth rainout line at
817-459-6697.

All coaches meetings will be held at
either Elzie Odom Athletic Centers.

Summer 2011

Basketball-Co-Rec

Registration: April 1 - 30
Season Begins: June 4
Game Location: Elzie Odom Athletic Center
Ages: 3-12 \$65 / 8 games
Barcode: 134973

Cheer Squad

Registration: April 1 - 30
Season Begins: June 4
Game Location: Elzie Odom Athletic Center
Ages: 6-12 \$80 / 8 games
Barcode: 132916

Coach Pitch

Registration: April 1 - 30
Season Begins: June 4
Game Location: Randol Mill / Vandergriff
Ages: 7-8 \$70 / 8 games
Barcode: 134734

Indoor Soccer

Registration: April 1 - 30
Season Begins: June 4
Game Location: Elzie Odom Athletic Center
Ages: 3-12 \$65 / 8 games
Barcode: 134970

T-Ball

Registration: April 1 - 30
Season Begins: June 4
Game Location: Randol Mill / Vandergriff
Ages: 3-6 \$70 / 8 games
Barcode: 134734

Youth Sports Clinics



Soccer - Ball Control

Players will learn to control the ball with both feet and move about the field comfortably. Focus will be placed on dribbling, receiving and trapping the ball.

Ages: 5-12 \$15
Sa Mar 5 9:00am-10:00am EOAC 135184



Soccer - Offense/Defense

Players will focus on defensive techniques such as man-to-man, zone, combination coverage, team passing and receiving. Players will focus on teamwork and strategies.

Age: 5-12 \$15
Sa Mar 5 10:00am-11:00am EOAC 135185



Youth Sports League Information

- Membership cards are required for all youth league registrations. Cards for league participants can be purchased at any recreation center for \$15 and are good for one year.
- Practices are determined by volunteer coaches and parents. Practices are usually held on a weeknight after 5 pm.
- We try to honor requests when forming teams, otherwise we group teams by zip codes and schools.
- All teams have volunteer coaches, call 817-459-6434 if you are interested in coaching.

All Youth Leagues Include:

Eight Game Season • League Shirts
Individual Awards • Certified Officials

For more information on Youth
Leagues call 817-459-6434.

Steps to become a youth sports coach!

- Contact Staff at 817-459-6434
- Pick a sport you love
- Fill out an application
(background checks are completed on all applicants)
- Submit a copy of your driver's license

Sports



Archery

Students learn they must overcome distractions and obstacles, and have a plan of action. Archery provides a fundamental relaxation quality in that the archer must be focused on the immediate moment. Archery is a self-challenging and rewarding activity, blending physical and mental resources.

Age: 6-13		\$50 / Month	
Sa	Mar 5	1:00pm-2:00pm	EOAC 133876
Sa	Apr 2	1:00pm-2:00pm	EOAC 133877

Basketball

Students learn the basics of the game including passing, shooting, defense and offense drills and rebounding. The class helps build team working and listening skills.

Age: 4-6		\$32 / Month	
Tu	Jan 11*	5:15pm-6:00pm	HSRC 133110
Tu	Feb 1	5:15pm-6:00pm	HSRC 133111
Tu	Mar 1	5:15pm-6:00pm	HSRC 133112
Tu	Apr 5	5:15pm-6:00pm	HSRC 133113

Age: 9-12		\$32 / Month	
Tu	Jan 11*	6:10pm-7:00pm	HSRC 133119
Tu	Feb 1	6:10pm-7:00pm	HSRC 133120
Tu	Mar 1	6:10pm-7:00pm	HSRC 133121
Tu	Apr 5	6:10pm-7:00pm	HSRC 133122

*January sessions are \$24

Dodgeball and Kickball

Dodgeball utilizes our most basic instinct to dodge a moving object. The game increases your child's hand-eye coordination and dexterity. They will work on speed and agility as well as the basic mechanics of throwing a ball. In Kickball, children learn the basic rules. They will be taught good sportsmanship, teamwork and most importantly how to have some fun!

Age: 7-13		\$37 / Month	
M	Jan 10	6:00pm-7:00pm	EOAC 133870
M	Feb 7	6:00pm-7:00pm	EOAC 133871

Rock Climbing

Experience something new! Your kids will learn about rock climbing equipment, safety and climbing techniques. Parents must be present to belay.

Age: 4-9		\$42 / Month	
Th	Jan 6	5:00pm-6:00pm	EOAC 133925
Th	Feb 3	5:00pm-6:00pm	EOAC 133926
Th	Mar 3	5:00pm-6:00pm	EOAC 133927
Th	Apr 7	5:00pm-6:00pm	EOAC 133928

Age: 10-17		\$42 / Month	
Th	Jan 6	6:00pm-7:00pm	EOAC 133921
Th	Feb 3	6:00pm-7:00pm	EOAC 133922
Th	Mar 3	6:00pm-7:00pm	EOAC 133923
Th	Apr 7	6:00pm-7:00pm	EOAC 133924

Football

Down, set, hut hut! Want to learn the basics of football? Catching, receiving, punting and more will be taught. This is a non-contact class.

Age: 6-12		\$35 / Month	
M	Jan 3	6:00pm-7:00pm	EOAC 133904
Th	Feb 3	5:00pm-5:50pm	CNRC 134199
M	Feb 7	6:00pm-7:00pm	EOAC 133905
Th	Mar 3	5:00pm-5:50pm	CNRC 134200
M	Mar 7	6:00pm-7:00pm	EOAC 133906
M	Apr 4	5:00pm-6:00pm	EOAC 133907
Th	Apr 7	5:00pm-5:50pm	CNRC 134201

In-Line Hockey

Beginners learn the basics of inline hockey including shooting, passing, and stick handling. Campers must provide their own stick, skates and helmet.

Age: 6-14		\$35 / Month	
Tu	Mar 8	6:00pm-7:00pm	EOAC 133884
Tu	Apr 5	6:00pm-7:00pm	EOAC 133885

Lunchtime Pick-Up Hockey

Tired of the same old bologna sandwich at lunch time? Try In-line Hockey! Stick, helmet, pants, gloves and shin guards are required to play. Pick-up hockey occurs Mondays and Wednesdays from noon to 2pm at Elzie Odom Athletic Center.

Cost: \$6 per session.

For more information, call 817-459-6434

Beginning Soccer

Gain an understanding of the game. Emphasis is on improving individual skills including the correct way to dribble, pass and shoot.

Age: 3-4		\$32 / Month	
Sa	Jan 8	9:15am-10:00am	DLRC 134425
Sa	Jan 15	11:00am-11:45am	HSRC 133124
Sa	Jan 22	9:15am-10:00am	CNRC 134148
Sa	Feb 5	11:00am-11:45am	HSRC 133125
Sa	Feb 5	9:15am-10:00am	CNRC 134145
Sa	Feb 5	9:15am-10:00am	DLRC 134426
Sa	Mar 5	11:00am-11:45am	HSRC 133126
Sa	Mar 5	9:15am-10:00am	CNRC 134146
Sa	Mar 5	9:15am-10:00am	DLRC 134427
Sa	Apr 2	9:15am-10:00am	CNRC 134147
Sa	Apr 9	9:15am-10:00am	DLRC 134429
Sa	Apr 9	11:00am-11:45am	HSRC 133379

Age: 5-6		\$32 / Month	
Sa	Jan 8	10:15am-11:00am	DLRC 134430
Sa	Jan 15	12:00pm-12:45pm	HSRC 133128
Sa	Jan 22	10:00am-10:45am	CNRC 134154
Sa	Feb 5	12:00pm-12:45pm	HSRC 133129
Sa	Feb 5	10:00am-10:45am	CNRC 134149
Sa	Feb 5	10:15am-11:00am	DLRC 134431
Sa	Mar 5	12:00pm-12:45pm	HSRC 133130
Sa	Mar 5	10:00am-10:45am	CNRC 134152
Sa	Mar 5	10:15am-11:00am	DLRC 134432
Sa	Apr 2	10:00am-10:45am	CNRC 134153
Sa	Apr 9	10:15am-11:00am	DLRC 134433
Sa	Apr 9	12:00pm-12:45pm	HSRC 133380



Register online at:

www.NaturallyFun.org

Sports

Sports 4 All Kids

In this class, learn the fundamentals of the Soccer, Basketball, Football, and Kickball. This Class stresses the importance of sportsmanship, teamwork and fair play. Participants will also gain self-confidence in their abilities to play these sports.

Age: 5-10		\$35 / Month	
Tu	Jan 4	6:00pm-7:00pm	EOAC 133892
Tu	Feb 1	6:00pm-7:00pm	EOAC 133893
Tu	Mar 1	6:00pm-7:00pm	EOAC 133894
Tu	Apr 5	6:00pm-7:00pm	EOAC 133895



Sports Explorers

This is a great class for parents who are looking to familiarize their children with sports. Your child will be introduced to the basics of four sports. Children will develop coordination, teamwork, sharing and listening skills. This is not a parent participation class.

Age: 3-4		\$32 / Month	
M	Jan 17	10:00am-10:45am	DLRC 134353
Sa	Jan 22	10:00am-10:45am	CNRC 134267
M	Jan 31	10:00am-10:45am	DLRC 134355
Sa	Feb 5	10:00am-10:45am	CNRC 134265
M	Feb 28	10:00am-10:45am	DLRC 134359
Sa	Mar 5	10:00am-10:45am	CNRC 134262
Sa	Apr 2	10:00am-10:45am	CNRC 134266
M	Apr 4	10:00am-10:45am	DLRC 134360

Age: 5-6		\$32 / Month	
Sa	Jan 22	11:15am-12:00pm	CNRC 134271
Sa	Feb 5	11:15am-12:00pm	CNRC 134268
Sa	Mar 5	11:15am-12:00pm	CNRC 134269
Sa	Apr 2	11:15am-12:00pm	CNRC 134270



Sluggers T-Ball

Participants will concentrate on the fundamentals of America's favorite pastime. Children learn the basics of throwing, catching and hitting. These classes help to develop teamwork and listening skills.

Age: 3-4		\$32 / Month	
Tu	Jan 11	5:15pm-6:00pm	HSRC 133841
W	Jan 19	5:45pm-6:30pm	DLRC 133833
Sa	Jan 22	9:00am-9:45am	CNRC 134261
Tu	Feb 1	5:15pm-6:00pm	HSRC 133842
W	Feb 2	5:45pm-6:30pm	DLRC 133834
Sa	Feb 5	9:00am-9:45am	CNRC 133838
Tu	Mar 1	5:15pm-6:00pm	HSRC 133843
W	Mar 2	5:45pm-6:30pm	DLRC 133835
Sa	Mar 5	9:00am-9:45am	CNRC 133839
Sa	Apr 2	9:00am-9:45am	CNRC 133840
Tu	Apr 5	5:15pm-6:00pm	HSRC 133844
W	Apr 6	5:45pm-6:30pm	DLRC 133836

Age: 5-6		\$32 / Month	
Tu	Jan 11	6:15pm-7:00pm	HSRC 133850
Tu	Feb 1	6:15pm-7:00pm	HSRC 133851
Tu	Mar 1	6:15pm-7:00pm	HSRC 133852
Tu	Apr 5	6:15pm-7:00pm	HSRC 133853

Did you know?
More than 3,000 youth participate in Arlington Parks & Recreation Youth Athletic Leagues each year.



Volleyball

Bump, Set, Spike! Learn how to serve the ball, use proper footwork and how to bump, set and spike the volleyball. Don't forget your knee pads.

Age: 8-14		\$37 / Month	
W	Jan 5	6:00pm-7:00pm	EOAC 133887
Sa	Jan 15	1:15pm-2:15pm	HSRC 133212
Sa	Jan 22	1:00pm-1:50pm	CNRC 134303
W	Feb 2	6:00pm-7:00pm	EOAC 133888
Sa	Feb 5	1:15pm-2:15pm	HSRC 133213
Sa	Feb 5	1:00pm-1:50pm	CNRC 134298
W	Mar 2	6:00pm-7:00pm	EOAC 133889
Sa	Mar 5	1:15pm-2:15pm	HSRC 133214
Sa	Mar 5	1:00pm-1:50pm	CNRC 134301
Sa	Apr 2	1:00pm-1:50pm	CNRC 134302
W	Apr 6	6:00pm-7:00pm	EOAC 133890
Sa	Apr 9	1:15pm-2:15pm	HSRC 133832

Note: Dates listed are session starting dates.

Cheerleading

Cheerleading

Cheerleading is all about fun and exercise. In this class you'll learn the fundamentals of cheerleading including jumps, cheers, chants, basic tumbling and routines. In cheerleading, students build stamina, flexibility, rhythm and confidence.

Age: 6-12		\$32 / Month	
M	Jan 17	6:00pm-6:50pm	CNRC 134161
M	Feb 7	6:00pm-6:50pm	CNRC 134155
M	Mar 7	6:00pm-6:50pm	CNRC 134159
M	Apr 4	6:00pm-6:50pm	CNRC 134160

Gymnastics

Gymnastics 1

Gymnastics is a great class for developing balance, coordination, flexibility, muscular endurance and strength. This is a beginning class where participants will learn basic gymnastic skills.

Age: 6-12		\$32 / Month	
Tu	Jan 4	5:00pm-5:45pm	EOAC 133896
Sa	Jan 8	11:00am-11:50am	DLRC 134394
Th	Jan 13	5:10pm-6:00pm	HSRC 133139
Sa	Jan 15	10:10am-11:00am	HSRC 133142
Sa	Jan 22	12:10pm-1:00pm	CNRC 134212
Tu	Feb 1	5:00pm-5:45pm	EOAC 133897
Th	Feb 3	5:10pm-6:00pm	HSRC 133140
Sa	Feb 5	10:10am-11:00am	HSRC 133143
Sa	Feb 5	12:10pm-1:00pm	CNRC 134209
Sa	Feb 5	11:00am-11:50am	DLRC 134395
Tu	Mar 1	5:00pm-5:45pm	EOAC 133898
Th	Mar 3	5:10pm-6:00pm	HSRC 133141
Sa	Mar 5	10:10am-11:00am	HSRC 133144
Sa	Mar 5	12:10pm-1:00pm	CNRC 134210
Sa	Mar 5	11:00am-11:50am	DLRC 134396
Sa	Apr 2	12:10pm-1:00pm	CNRC 134211
Sa	Apr 2	11:00am-11:50am	DLRC 134397
Tu	Apr 5	5:00pm-5:45pm	EOAC 133899
Th	Apr 7	5:10pm-6:00pm	HSRC 133854
Sa	Apr 9	10:10am-11:00am	HSRC 133855

Register online at:

www.NaturallyFun.org

See page 28 for information on our cheer squad.

Gymnastics 2

Teacher approval through a skills test is required.

Age: 6-12		\$32 / Month	
Th	Jan 13	6:10pm-7:00pm	HSRC 133145
Sa	Jan 15	11:10am-12:00pm	HSRC 133148
Th	Feb 3	6:10pm-7:00pm	HSRC 133146
Sa	Feb 5	11:10am-12:00pm	HSRC 133149
Th	Mar 3	6:10pm-7:00pm	HSRC 133147
Sa	Mar 5	11:10am-12:00pm	HSRC 133150
Th	Apr 7	6:10pm-7:00pm	HSRC 133858
Sa	Apr 9	11:10am-12:00pm	HSRC 133859



Tumbling Tots

Preschoolers will learn beginning tumbling and beam skills. These classes help to enhance social interaction, listening skills and coordination.

Age: 3-5		\$32 / Month	
Sa	Jan 8	11:30am-12:00pm	CNRC 134292
Sa	Jan 8	10:00am-10:30am	DLRC 134398
Sa	Feb 5	11:30am-12:00pm	CNRC 134288
Sa	Feb 5	10:00am-10:30am	DLRC 134399
Sa	Mar 5	11:30am-12:00pm	CNRC 134291
Sa	Mar 5	10:00am-10:30am	DLRC 134400
Sa	Apr 2	11:30am-12:00pm	CNRC 134293
Sa	Apr 2	10:00am-10:30am	DLRC 134401



Martial Arts

Sports

Boxing - Beginning

Float like a butterfly, sting like a bee... now you too can box like Mohammed Ali. Try this beginning class and learn the boxing techniques and discipline of a trained boxer. This is a non-contact class.

Youth				
Age: 10-18				
W	Jan 5	6:00pm-7:00pm	EOAC	133879
W	Feb 2	6:00pm-7:00pm	EOAC	133881
W	Mar 2	6:00pm-7:00pm	EOAC	133882
W	Apr 6	6:00pm-7:00pm	EOAC	133883

Adult				
Age: 18 and up				
Th	Jan 6	7:45pm-9:30pm	EOAC	133872
Th	Feb 3	7:45pm-9:30pm	EOAC	133873
Th	Mar 3	7:45pm-9:30pm	EOAC	133874
Th	Mar 31	7:45pm-9:30pm	EOAC	133875

Fencing

The Olympic sport of Fencing is one of the oldest and most mentally stimulating forms of exercise, challenging both the body and mind. It is suited for all ages and activity levels. Learn about the different types of fencing, equipment, footwork and basic defenses. Students will have hands-on contact. All practice equipment is provided during class. There is an additional equipment fee payable to the instructor at the beginning of the first day of each session.

Beginning				
Age: 6 and up				
Su	Jan 23	2:00pm-3:00pm	CNRC	134177
Su	Feb 27	2:00pm-3:00pm	CNRC	134178
Su	Apr 3	2:00pm-3:00pm	CNRC	134197

Intermediate				
Age: 6 and up				
Su	Jan 23	3:00pm-4:00pm	CNRC	134186
Su	Feb 27	3:00pm-4:00pm	CNRC	134187
Su	Apr 3	3:00pm-4:00pm	CNRC	134198

Register online at:



Tae Kwon Do at Cliff Nelson

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Youth				
Age: 6 and up				
M	Jan 3	6:00pm-7:00pm	CNRC	134280
Tu	Jan 4	6:00pm-7:00pm	CNRC	134284
Tu	Feb 1	6:00pm-7:00pm	CNRC	134285
M	Feb 7	6:00pm-7:00pm	CNRC	134281
Tu	Mar 1	6:00pm-7:00pm	CNRC	134286
M	Mar 7	6:00pm-7:00pm	CNRC	134282
M	Apr 4	6:00pm-7:00pm	CNRC	134283
Tu	Apr 5	6:00pm-7:00pm	CNRC	134287

Advanced*				
Age: 6 and up				
M	Jan 3	7:00pm-8:00pm	CNRC	134272
Tu	Jan 4	7:00pm-8:00pm	CNRC	134279
Tu	Feb 1	7:00pm-8:00pm	CNRC	134276
M	Feb 7	7:00pm-8:00pm	CNRC	134273
Tu	Mar 1	7:00pm-8:00pm	CNRC	134277
M	Mar 7	7:00pm-8:00pm	CNRC	134274
M	Apr 4	7:00pm-8:00pm	CNRC	134275
Tu	Apr 5	7:00pm-8:00pm	CNRC	134278

*Teacher approval through a skills test is required.



Tae Kwon Do Club

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats. The 6-7 pm class at HSRC is for Beginners (white through orange belts) and the 7:10-8:10 pm class is for advanced (green belt and up). The HSRC classes are paid for monthly and registration is due by the 1st of each month.

Age: 6 and up				
M, F	Jan 3	6:00pm-7:00pm	HSRC	133203
M, F	Jan 3	7:10pm-8:10pm	HSRC	133207
F, M	Feb 4	6:00pm-7:00pm	HSRC	133204
F, M	Feb 4	7:10pm-8:10pm	HSRC	133208
F, M	Mar 4	6:00pm-7:00pm	HSRC	133205
F, M	Mar 4	7:10pm-8:10pm	HSRC	133209
F, M	Apr 1	6:00pm-7:00pm	HSRC	133206
F, M	Apr 1	7:10pm-8:10pm	HSRC	133210

Tae Kwon Do at Dottie Lynn

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Introduction				
Age: 6 and up				
M	Jan 3	6:00pm-7:00pm	DLRC	134361
Tu	Jan 4	6:00pm-7:00pm	DLRC	134390
M	Jan 31	6:00pm-7:00pm	DLRC	134372
Tu	Feb 1	6:00pm-7:00pm	DLRC	134391
M	Feb 28	6:00pm-7:00pm	DLRC	134373
Tu	Mar 1	6:00pm-7:00pm	DLRC	134392
M	Apr 4	6:00pm-7:00pm	DLRC	134374
Tu	Apr 5	6:00pm-7:00pm	DLRC	134393

Advanced				
Age: 6 and up				
M	Jan 3	7:00pm-8:00pm	DLRC	134382
M	Jan 31	7:00pm-8:00pm	DLRC	134387
M	Feb 28	7:00pm-8:00pm	DLRC	134388
M	Apr 4	7:00pm-8:00pm	DLRC	134389



Tae Kwon Do at Elzie Odom

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Introduction				
Age: 6 and up				
M	Jan 3	6:00pm-7:00pm	EOAC	133915
M	Feb 7	6:00pm-7:00pm	EOAC	133916
M	Mar 7	6:00pm-7:00pm	EOAC	133918
M	Apr 4	6:00pm-7:00pm	EOAC	133917

Advanced*				
Age: 6 and up				
M	Jan 3	7:00pm-8:00pm	EOAC	133911
M	Feb 7	7:00pm-8:00pm	EOAC	133912
M	Mar 7	7:00pm-8:00pm	EOAC	133913
M	Apr 4	7:00pm-8:00pm	EOAC	133914

*This is for yellow belt and above.

Tae Kwon Do at Hugh Smith

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Age: 4-5				
Age: 4-5				
W	Jan 5	6:10pm-7:00pm	HSRC	133194
W	Feb 2	6:10pm-7:00pm	HSRC	133195
W	Mar 2	6:10pm-7:00pm	HSRC	133196
W	Apr 6	6:10pm-7:00pm	HSRC	133374

Age: 6-7				
Age: 6-7				
W	Jan 5	6:10pm-7:00pm	HSRC	133200
W	Feb 2	6:10pm-7:00pm	HSRC	133201
W	Mar 2	6:10pm-7:00pm	HSRC	133202
W	Apr 6	6:10pm-7:00pm	HSRC	133375

Age: 8-10				
Age: 8-10				
W	Jan 5	7:10pm-8:00pm	HSRC	133197
W	Feb 2	7:10pm-8:00pm	HSRC	133198
W	Mar 2	7:10pm-8:00pm	HSRC	133199
W	Apr 6	7:10pm-8:00pm	HSRC	133376

Tiny Kids Self Defense

Get coordinated! Preschoolers will learn basic kicks, escaping techniques and rolling. GI not required. This class helps teach children about stranger awareness.

Age: 3-5				
Age: 3-5				
M	Jan 3	5:30pm-6:00pm	CNRC	134294
M	Feb 7	5:30pm-6:00pm	CNRC	134295
M	Mar 7	5:30pm-6:00pm	CNRC	134296
M	Apr 4	5:30pm-6:00pm	CNRC	134297

AiKiDo at Hugh Smith

AiKiDo is a dynamic, spiritual, non-violent and powerful martial art based on circular movement and blending with the attacker's movements. This martial art helps keep you centered and in shape. For those who wish to pursue a black belt and beyond in AiKiDo, the journey will be an enlightening one.

AiKiDo uniform (Gi), wooden sword (bokken), staff (jo) are required and can be purchased for \$70-\$80.

To register, or obtain more information contact Sassan Badrzadeh at 817-861-7995 or 713-256-5661 or sassanb@sbcglobal.net

For more information, please visit: shinkikan.com

Age: 8 and up		\$55
Tuesday/Thursday	6:30pm-7:30pm	
Saturday	9:15am-10:30am	

**Whether you're
a seasoned player or just starting out,
Arlington, Texas is the perfect choice for great golf!**

Meadowbrook Park Golf Course

Arlington's tradition of outstanding golf began in the 1920's with Meadowbrook Park. Conveniently located just east of downtown Arlington, Meadowbrook Park Golf Course is the home of the First Tee of Arlington. An excellent choice for families and leagues, Meadowbrook Park is the perfect facility to learn the game of golf and sharpen short-game skills.

A 9-hole walking course, Meadowbrook is easily played when under time constraints. Exclusive facility rental opportunities are available for both golf and non-golf outdoor activities. With a long-standing commitment to environmental enhancement and preservation, Meadowbrook Park Golf Course is like a walk in the park for the whole family.

1300 East Dugan Street, Arlington, Texas 76013

817-275-0221

Lake Arlington Golf Course

Lake Arlington Golf Course is a beautiful 18-hole facility nestled on 185 acres on the north shore of Lake Arlington. The course was designed with all types of players in mind and with the newly renovated fairways and greens, the course provides a great golfing experience at an exceptional value.

Lake Arlington's time-honored design blends shot making demands along with open tree-lined fairways. A challenge for the professional as well as the beginner, the four sets of tees, ranging from 5,485 yards to 6,637, provides a fair playing field that appeals to every level of proficiency.

The clubhouse features a well stocked pro shop and grill. Lake Arlington's combination of enjoyable golf, convenient location and professional staff create the perfect setting for group outings and tournaments.

1516 West Green Oaks Boulevard, Arlington, Texas 76013 817-451-6101

Chester W. Ditto Golf Course

Beautiful Chester W. Ditto Golf Course is a long-standing favorite among golfers in the Dallas-Fort Worth Metroplex.

This hidden gem in north Arlington maintains a pure golf feel and offers eighteen holes of challenging golf with plush fairways narrowed by trees and accented by sand bunkers and strategically placed landing areas.

A driving range, practice putting green and chipping area complete the golf experience. The clubhouse features a snack bar and full-line pro shop with the latest in equipment and apparel.

Ditto hosts tournaments and offers private and group lessons taught by PGA professionals and apprentices.

801 Brown Boulevard, Arlington, Texas 76011

817-275-5941

Tierra Verde Golf Club at the Reserve

Opened in 1998, Tierra Verde is the result of a unique partnership between the City of Arlington, renowned designers Graham & Panks International and Audubon International.

Carved from 250 acres of secluded terrain, Tierra Verde's unsurpassed layout encompasses idyllic surroundings and an array of natural settings. Each hole has five sets of tees, sculpted fairways, strategically placed sand bunkers and water hazards – all accented by stately trees and beautiful native grasses.

Audubon International has recognized Tierra Verde as the first golf course in Texas and the first municipal golf course in the world to be certified as an Audubon Signature Sanctuary. Tierra Verde was the recipient of the 2004 Golf Digest Environmental Leaders in Golf Award, which recognizes golf courses worldwide for the environmental excellence. In 2008, Tierra Verde was the recipient of the Texas Parks and Wildlife Special Recognition Lone Star Land Steward Award for their commitment to wildlife habitat and conservation through innovative conservation development.

The course has been host to many prestigious events, including the Byron Nelson Qualifying Tournament two years in a row. The facility's 7,000 yards of exciting terrain make it a favorite destination for tournaments and group outings.

The Mediterranean-styled clubhouse features outstanding amenities, including a fully stocked pro shop, an outdoor pavilion and full-service restaurant.

Tierra Verde's state of the art learning center features a lighted driving range, practice fairway bunker, large chipping and putting green complex, and three practice holes. Tierra Verde offers lessons and clinics taught by PGA and LPGA professionals and apprentices. Tierra Verde is also the home to Ventana Grille, which features a Spanish flair, an irresistible menu featuring tapas dishes, all in an incredible ambience.

**7005 Golf Club Drive, Arlington, Texas 76001
817-478-8500 Metro 817-572-1300**



Hooked on Golf for Juniors

Junior Academy is the perfect place for juniors of all skill levels to improve their game. This fun and exciting program features four structured levels where students can advance from one level to the next by learning the many life skills inherent in golf and performing all of the golf skills required to advance. Each level consists of four weeks of instruction. Students receive a membership card good for discounts at all Arlington Golf facilities.

Ditto Golf Course

March


Age: 6-11	\$149/ 4 Weeks
M, W	Mar 7-Mar 30, 4:30pm-5:30pm
Tu, Th	Mar 8-Mar 31, 4:30pm-5:30pm
Tu, Th	Mar 8-Mar 31, 5:45pm-6:45pm
Age: 12-17	\$149/ 4 Weeks
M, W	Mar 7-Mar 30, 5:45pm-6:45pm
F	Mar 4-Mar 25, 4:30pm-6:30pm
Su	Mar 6-Mar 27, 1:30pm-3:30pm

April

Age: 6-11	\$149/ 4 Weeks
Tu, Th	Apr 5-Apr 28, 4:15pm-5:15pm
M, W	Apr 4-Apr 27, 4:15pm-5:15pm
Tu, Th	Apr 5-Apr 28, 5:30pm-6:30pm
M, W	Apr 4-Apr 27, 5:30pm-6:30pm
Age: 12-17	\$149/ 4 Weeks
Tu, Th	Apr 5-Apr 28, 6:45pm-7:45pm
M, W	Apr 4-Apr 27, 6:45pm-7:45pm
Su	Apr 3-Apr 24, 5:00pm-7:00pm
F	Apr 1-Apr 22, 5:00pm-7:00pm

Did you know?

The term birdie comes from an American named Ab Smith. While playing 1899, he played what he described as a “bird of a shot”, which became “birdie” over time.



QR Code

Scan this QR code with your smartphone's camera to go directly to the Arlington Golf Website.

Tierra Verde Golf Course

March

Age: 6-11	\$149/ 4 Weeks
Tu, Th	Mar 8-Mar 31, 4:00pm-5:00pm
M, W	Mar 7-Mar 30, 4:00pm-5:00pm
M, W	Mar 7-Mar 30, 5:15pm-6:15pm
Tu, Th	Mar 8-Mar 31, 5:15pm-6:15pm
Age: 12-17	\$149/ 4 Weeks
Tu, Th	Mar 8-Mar 31, 6:30pm-7:30pm
M, W	Mar 7-Mar 30, 6:30pm-7:30pm
F	Mar 4-Mar 25, 5:00pm-7:00pm
Sa	Mar 5-Mar 26, 1:30pm-3:30pm

April

Age: 6-11	\$149/ 4 Weeks
M, W	Apr 4-Apr 27, 4:15pm-5:15pm
Tu, Th	Apr 5-Apr 28, 4:15pm-5:15pm
M, W	Apr 4-Apr 27, 5:30pm-6:30pm
Tu, Th	Apr 5-Apr 28, 5:30pm-6:30pm
Age: 12-17	\$149/ 4 Weeks
M, W	Apr 4-Apr 27, 6:45pm-7:45pm
Tu, Th	Apr 5-Apr 28, 6:45pm-7:45pm
F	Apr 1-Apr 22, 5:00pm-7:00pm
Su	Apr 3-Apr 24, 1:30pm-3:30pm



The Hooked on Golf player development program is suited for both juniors and adults and is taught in a group format. These programs are a great opportunity to develop the skills necessary to play golf and lower scores. Participants in both programs will receive over eight hours of instruction, free rounds of golf, a range and golf discount card, and many other benefits. With all the fun and exciting events involved with the program, we are sure whether junior or adult, you will be “Hooked on Golf” in the end.

Adult Program



In the Adult Program, students in Level 1 will learn the basic fundamentals involved in playing golf and help them to further develop these skills in order to have them on the golf course as soon as possible. Students in Level 2 will receive more advanced instruction, including a video analysis, how to play from the sand, playing from uneven lies and hitting out of trouble.

Junior Program



The junior program is the perfect place for juniors of all skill levels to improve their game. This fun and exciting program features five structured levels, where students can advance from one level to the next by learning the many life skills inherent in golf and performing all of the golf skills required to advance. Each level consists of four weeks of instruction. We also feature a Junior League, where young golfers who have participated in Level 3 and up can compete against other program members. A graduate level has been also added to allow students who have completed all four levels of the program to continue to enhance their skills levels.

For adult Hooked on Golf Classes see page 40.

Hooked on Golf for Adults

is a structured program designed to teach the fundamentals necessary to enjoy the game of golf for a lifetime. Whether a beginner interested in learning the basic skills involved in golf, or a player interested in improving your game to become more consistent, the Adult Hooked on Golf program offers a variety of classes to fit your needs.

Level 1 (Beginner)

Arlington Golf's Level 1 program is designed for anyone who wants to learn all the basic fundamentals involved with playing golf. The Level 1 program will help develop the skills needed in order to have you on the golf course as fast as possible. Participants in this level will receive up to eight hours of instruction, free rounds of golf, a range & golf discount card and many other great benefits!

\$199 / 4 Weeks

Tierra Verde

Age: 18 and up

		Class#
Su	Mar 6-Mar 27, 1:30pm-3:30pm	T1
Sa	Apr 2-Apr 23, 10:00am-12:00pm	T2
Th	Apr 14-May 5, 12:00pm-2:00pm	T3

Ditto

Age: 18 and up

		Class#
Sa	Mar 5-Mar 26, 1:30pm-3:30pm	D1
Su	Apr 3-Apr 24, 2:00pm-4:00pm	D2

Level 2 (Breaking 100)

Arlington Golf's Level 2 program is designed for anyone who has either completed the beginner level, has trouble breaking 100, or has taken golf lessons in the past and wishes to become more consistent. The main focus of Level 2 is the full swing. This class will also cover aspects of the short game including chipping, pitching and putting. Participants in this level receive up to eight hours of instruction, with a maximum of 6 to 1 student-to-teacher ratio. Students will also receive free rounds of golf, a range & golf discount card and many other great benefits!

\$229 / 4 Weeks

Tierra Verde

Age: 18 and up

		Class#
Sa	Mar 5-Mar 26, 11:00am-1:00pm	T1
Su	Apr 3-Apr 24, 4:00pm-6:00pm	T2

Ditto

Age: 18 and up

		Class#
Su	Mar 6-Mar 27, 4:00pm-6:00pm	D1
Sa	Apr 2-Apr 23, 2:30pm-4:30pm	D2

For more information on the Adult Hooked on Golf program

or to register for classes call: Tierra Verde Golf Club 817-478-8500 or Ditto Golf Course 817-275-5941. Visit us online at www.arlingtongolf.com

Level 3 (Be a Player)

Arlington Golf is introducing the 'Be a Player' on-course instructional class into the Hooked On Golf curriculum. The class is designed to help beginning golfers learn necessary strategy and how to play the game in a "real" golf course setting. The participants will spend time on the golf course with their instructor, giving them the confidence and comfort level they need to move their game to the next level.

\$279 / 4 Weeks

Ditto and Tierra Verde

Age: 18 and up

		Class#
Sa	Mar 5-Mar 26, 4:30pm-6:30pm	1
Sa	Apr 2-Apr 23, 5:30pm-7:30pm	2



Level 4 (Advanced)

Arlington Golf's Level 4 program is designed for experienced golfers looking to lower their scores and get more out of their game. The Level 4 program features up to eight hours of instruction and free rounds of golf at many of Arlington's premier courses. With a main focus on the short game, this class is sure to bring your scores down and make your golf experiences more enjoyable.

\$249 / 4 Weeks

Tierra Verde

Age: 18 and up

		Class#
Su	Mar 6-Mar 27, 4:00pm-6:00pm	T1
Sa	Apr 2-Apr 23, 12:30pm-2:30pm	T2

Ditto

Age: 18 and up

		Class#
Sa	Mar 5-Mar 26, 11:00am-1:00pm	D1
Sa	Apr 2-Apr 23, 12:00pm-2:00pm	D2

Ventana

G R I L L E



Join us for food and fun at Ventana Grille!

Ventana Grille offers a unique dining experience in a casual, comfortable setting surrounded by the beauty of Tierra Verde Golf Club.



Party on the Patio

Bring your blankets and lawn chairs to enjoy great food and live music on our patio! It is the perfect way to kick-off your weekend! Look for spring 2011 Party on the Patio dates starting in April.

Come check out our new menu featuring a variety of new sandwiches and burgers!

Stop by on Thursday nights and try our gourmet hamburgers. Chef Luigi will be grilling up unique offerings like the Barcelona Burger and the Chipotle Burger!

Find us on: facebook®



Ticket to Travel

Come experience the taste of other cultures with our Ticket to Travel Series. Chef Luigi will have a special menu and selected wines will be offered as well.

Taste of Brazil - January 15, Taste of New Orleans - February 10
2011 schedule for Ticket to Travel coming soon!



Be sure to check out Ventana Grille for your next event!
We offer private rentals and catering services as well.



"2009 USTA Outstanding Facility Award" Recipient

Tennis



Arlington Tennis Center

is an award-winning public tennis facility, with 20 outdoor, lighted courts. ATC offers classes, drills and leagues for players of all ages and abilities from beginner to advanced levels. The facility and staff host frequent special events, including seven sanctioned tournaments each year, a National Open Championship, a USTA National Junior Team Tournament and a USTA National Intersectional Team Event, with several non-sanctioned tournaments. ATC also serves as the host site for over 40 other tournaments and events each year.

ATC features classes, lessons, drills, leagues and special events. Class and League registrations must be made at least three days in advance of the starting date to avoid a \$5 late fee. Registrations can be made online at naturallyfun.org, over the phone or in person by visiting the Arlington Tennis Center. Private instruction is also available. Bring a group of four or more players and we will customize a class just for you!

For additional information, call

The Arlington Tennis Center at 817-459-6163
or visit naturallyfun.org or email atc@arlingtontx.gov.

Tennis Center Hours

Monday-Thursday 8:00am-9:30pm

Friday 8:00am-8:00pm

Saturday 8:00am-5:00pm

Sunday 12:00pm-8:00pm

*Hours may be extended during special events.

Arlington Tennis Center features:

- 20 outdoor, lighted tennis courts
- 3,000 sq. ft. building with administrative offices
- Fully stocked pro shop
- Complete locker room facilities with showers
- Concession area offering snacks and drinks
- Wireless Internet

Arlington Tennis Center Services

Pro Shop

Featuring the latest in racquets, strings, grips and accessories, including bags and other on-court needs. ATC's pro shop also has dozens of unique tennis-themed novelties, jewelry and gifts that are perfect for new or experienced players.

Racquet Stringing

Two-day service on racquet stringing and state-of-the-art stringing service at the Arlington Tennis Center's racquet stringing service.

Demo Racquets

Our "try it before you buy it" demo program allows you to try out racquets on site.

Ball Machine

PlayMate Ball Machine rentals available for single use or with annual pass memberships.

Events

January 8-9

- Walnut Creek Country Club ZAT Junior Tournament
- USTA Sanctioned junior tournament

February 11

- Arlington ISD District 5A tournament (Martin HS host)

February 25-27

- Liz Mahon Memorial Event Adult Doubles Open USTA Sanctioned adult tournament

March TBD

- Arlington Tennis Center Mid Cities Junior Tournament

March 25

- Arlington ISD District 5A tournament (Lamar HS host)

March 25-27

- Arlington Tennis Association Spring Open USTA Sanctioned adult tournament

March 29

- Arlington ISD District 5A tournament (Martin HS host)

April 6-7

- Varsity District 5A high school tournament

April 9-10

- MCB Little Mo Texas Sectional Junior Tournament

April 13

- Junior Varsity District 5A high school tournament

April 23-24

- Arlington Tennis Center Junior Singles Open USTA Sanctioned Junior Tournament

Membership cards are NOT required for ATC programs.

Adult Drills

One hour, \$12 per drill or buy seven and get the eighth drill FREE! Call ahead to guarantee a spot.

Tennis Classes

Adult Beginner

Adult Beginner tennis classes are designed to introduce the fundamentals of tennis in a fun and games format. Receive \$5 off a beginner pre-strung racquet when you register for a class.

\$48 / 4 Class Dates			
Sa	Jan 8	11:00am-12:00pm	132817
Sa	Feb 5	11:00am-12:00pm	132818
Sa	Mar 5	11:00am-12:00pm	132819
\$60 / 5 Class Dates			
Sa	Apr 9	11:00am-12:00pm	132820
\$96 / 8 Class Dates			
Tu, Th	Jan 4	9:00am-10:00am	132821
Tu, Th	Jan 4	7:00pm-8:00pm	132825
Tu, Th	Feb 1	9:00am-10:00am	132822
Tu, Th	Feb 1	7:00pm-8:00pm	132826
Tu, Th	Mar 1	9:00am-10:00am	132823
Tu, Th	Mar 1	7:00pm-8:00pm	132827
Tu, Th	Apr 5	9:00am-10:00am	132824
Tu, Th	Apr 5	7:00pm-8:00pm	132828

Did you know?

When dropped from a height of 100 inches onto concrete, a new tennis ball should bounce about 55 inches.

Adult and Junior Private Lessons

Private lessons are an ideal way to work on the specifics of your game that you would like to improve. Scheduled at your convenience, private lessons can be the answer to accommodate your busy life. Call the Arlington Tennis Center to sign up for your private tennis lessons today.

Purchase a series of seven lessons, and get the eighth one free!

USPTA Pro . . . \$45/hour
USPTA Head Pro . . . \$60/hour

Adult Intermediate/Advanced

These classes are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere.

\$48 / 4 Class Dates				
Sa	Jan 8	12:00pm-1:00pm		132829
Sa	Feb 5	12:00pm-1:00pm		132830
Sa	Mar 5	12:00pm-1:00pm		132831
\$60 / 5 Class Dates				
Sa	Apr 9	12:00pm-1:00pm		132832
\$96 / 8 Class Dates				
Tu, Th	Jan 4	10:00am-11:00am		132833
Tu, Th	Jan 4	8:00pm-9:00pm		132837
Tu, Th	Feb 1	10:00am-11:00am		132834
Tu, Th	Feb 1	8:00pm-9:00pm		132838
Tu, Th	Mar 1	10:00am-11:00am		132835
Tu, Th	Mar 1	8:00pm-9:00pm		132839
Tu, Th	Apr 5	10:00am-11:00am		132836
Tu, Th	Apr 5	8:00pm-9:00pm		132840



"Tennis was never work for me, tennis was fun. And the tougher the battle and the longer the match, the more fun I had." -Jimmy Connors



Membership cards are NOT required for ATC programs.

Adult Recreational Leagues

Arlington Tennis Center offers a variety of progressive recreational leagues for men and women. Membership Card not required. Balls are provided.

Ladies' 2.5-3.5 Doubles \$42 / 7 League Dates				
M	Jan 3	9:00am-10:30am		132845
M	Apr 11	9:00am-10:30am		132847
\$36 / 6 League Dates				
M	Feb 21	9:00am-10:30am		132846
Ladies' 3.0-4.0 Doubles \$42 / 7 League Dates				
Tu	Jan 4	6:30pm-8:00pm		132848
Tu	Apr 12	6:30pm-8:00pm		132850
\$36 / 6 League Dates				
Tu	Feb 22	6:30pm-8:00pm		132849
Men's 3.0 Singles \$42 / 7 League Dates				
Th	Jan 6	6:30pm-8:00pm		132851
Th	Apr 14	6:30pm-8:00pm		132853
\$36 / 6 League Dates				
Th	Feb 24	6:30pm-8:00pm		132852
Men's 3.5 Singles \$42 / 7 League Dates				
W	Jan 5	8:00 pm-9:30pm		132854
W	Apr 13	8:00 pm-9:30pm		132856
\$36 / 6 League Dates				
W	Feb 23	8:00pm-9:30pm		132855
Men's 4.0 Singles \$42 / 7 League Dates				
W	Jan 5	6:30pm-8:00pm		132857
W	Apr 13	6:30pm-8:00pm		132859
\$36 / 6 League Dates				
W	Feb 23	6:30pm-8:00pm		132858
Men's Open Doubles \$42 / 7 League Dates				
M	Jan 3	6:30pm-8:00pm		132860
M	Apr 11	6:30pm-8:00pm		132862
\$36 / 6 League Dates				
M	Feb 21	6:30pm-8:00pm		132861

Adult Drill League

Adult Drill League is a special league on Monday nights that combines instruction with our USPTA tennis professionals, followed by supervised league play.

\$98 / 7 League Dates				
M	Jan 3	7:30pm-9:00pm		132842
\$84 / 6 League Dates				
M	Feb 21	7:30pm-9:00pm		132843
\$98 / 7 League Dates				
M	Apr 11	7:30pm-9:00pm		132844

Junior QuickStart

QuickStart tennis classes are designed to introduce players ages 4-6 and 7-10 to the fundamentals of tennis in a fun and games format. Courts, nets and equipment are right-sized to fit the age of the players. Receive \$5 off a beginner pre-strung racquet when you register for a class.

Age 4-10 \$24 / 4 Class Dates				
Sa	Jan 8	8:30am-9:00am		132871
Sa	Feb 5	8:30am-9:00am		132872
Sa	Mar 5	8:30am-9:00am		132873
\$30 / 5 Class Dates				
Sa	Apr 9	8:30am-9:00am		132874
\$48 / 8 Class Dates				
M, W	Jan 3	4:30pm-5:00pm		132875
M, W	Jan 31	4:30pm-5:00pm		132876
M, W	Feb 28	4:30pm-5:00pm		132877
M, W	Apr 4	4:30pm-5:00pm		132878
Age 7-10 \$48 / 4 Class Dates				
Sa	Jan 8	9:00am-10:00am		132937
Sa	Feb 5	9:00am-10:00am		132938
Sa	Mar 5	9:00am-10:00am		132939
\$60 / 5 Class Dates				
Sa	Apr 9	9:00am-10:00am		132940
\$96 / 8 Class Dates				
M, W	Jan 3	5:00pm-6:00pm		132941
M, W	Jan 31	5:00pm-6:00pm		132942
M, W	Feb 28	5:00pm-6:00pm		132943
M, W	Apr 4	5:00pm-6:00pm		132944
Tu, Th	Jan 4	6:00pm-7:00pm		132945
Tu, Th	Feb 1	6:00pm-7:00pm		132946
Tu, Th	Mar 1	6:00pm-7:00pm		132947
Tu, Th	Apr 5	6:00pm-7:00pm		132948



Junior Beginner

Beginner classes for juniors aged 11-16 are designed to introduce the fundamentals of tennis in a fun and games format. Students are divided into age and ability levels. Receive \$5 off a beginner pre-strung racquet when you register for a class.

\$48 / 4 Class Dates				
Sa	Jan 8	9:00am-10:00am		132949
Sa	Feb 5	9:00am-10:00am		132950
Sa	Mar 5	9:00am-10:00am		132951
\$60 / 5 Class Dates				
Sa	Apr 9	9:00am-10:00am		132952
\$96 / 8 Class Dates				
M, W	Jan 3	5:00pm-6:00pm		132953
M, W	Jan 31	5:00pm-6:00pm		132954
M, W	Feb 28	5:00pm-6:00pm		132955
M, W	Apr 4	5:00pm-6:00pm		132956
Tu, Th	Jan 4	6:00pm-7:00pm		132957
Tu, Th	Feb 1	6:00pm-7:00pm		132958
Tu, Th	Mar 1	6:00pm-7:00pm		132959
Tu, Th	Apr 5	6:00pm-7:00pm		132960

Tennis Spring Break Camp

Arlington Tennis Center's Junior Spring Break Tennis Camp is designed for all levels of players ages 7-17. Campers will be divided by age and ability. For QuickStart (ages 7-10) and beginner (ages 11-17), the camp introduces fundamentals of tennis in a fun and games format. A performance section is designed for advanced, high school and qualified players. All ATC camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction. Court assignments are subject to change. Please check in at the front counter.

Age: 7-17		\$120 / 4 Classes
M-Th	Mar 14	9:00am-12:00pm 132841



Junior Intermediate

Intermediate classes are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere.

Age 7-10				\$48 / 4 Class Dates
Sa	Jan 8	10:00am-11:00am		132964
Sa	Feb 5	10:00am-11:00am		132965
Sa	Mar 5	10:00am-11:00am		132966
				\$60 / 5 Class Dates
Sa	Apr 9	10:00am-11:00am		132968
				\$96 / 8 Class Dates
M, W	Jan 3	6:00pm-7:00 pm		132970
M, W	Jan 31	6:00pm-7:00pm		132971
M, W	Feb 28	6:00pm-7:00pm		132972
M, W	Apr 4	6:00pm-7:00pm		132973
Tu, Th	Jan 4	5:00pm-6:00pm		132974
Tu, Th	Feb 1	5:00pm-6:00pm		132975
Tu, Th	Mar 1	5:00pm-6:00pm		132976
Tu, Th	Apr 5	5:00pm-6:00pm		132977

Age 11-16				\$48 / 4 Class Dates
Sa	Jan 8	10:00am-11:00am		133061
Sa	Feb 5	10:00am-11:00am		133062
Sa	Mar 5	10:00am-11:00am		133063
				\$60 / 5 Class Dates
Sa	Apr 9	10:00am-11:00am		133064
				\$96 / 8 Class Dates
M, W	Jan 3	6:00pm-7:00pm		133065
M, W	Jan 31	6:00pm-7:00pm		133066
M, W	Feb 28	6:00pm-7:00pm		133067
M, W	Apr 4	6:00pm-7:00pm		133068
Tu, Th	Jan 4	5:00pm-6:00pm		133069
Tu, Th	Feb 1	5:00pm-6:00pm		133070
Tu, Th	Mar 1	5:00pm-6:00pm		133071
Tu, Th	Apr 5	5:00pm-6:00pm		133072

Membership cards are NOT required for ATC programs.

Junior Advanced

Advanced classes are for junior players aged 7-16 who are ready to begin higher level competitive play in tournaments and leagues. Students are divided into age and ability levels.

				\$48 / 4 Class Dates
Sa	Jan 8	11:00am-12:00pm		132863
Sa	Feb 5	11:00am-12:00pm		132864
Sa	Mar 5	11:00am-12:00pm		132865
				\$60 / 5 Class Dates
Sa	Apr 9	11:00am-12:00pm		132866
				\$96 / 8 Class Dates
M, W	Jan 3	7:00pm-8:00pm		132867
M, W	Jan 31	7:00pm-8:00pm		132868
M, W	Feb 28	7:00pm-8:00pm		132869
M, W	Apr 4	7:00pm-8:00pm		132870



High Performance Drills

High Performance Drills for junior players ages 11 and up are designed for high school players and qualified juniors. Drills focus on footwork, physical / mental development and court strategies.

Junior Performance Drills
Saturday 11:00am-12:30pm
\$18 per drill with advanced sign-up/registration

Drill passes available:
buy eight, receive a \$12 discount!



QR Code

Scan this QR code with your smartphone's camera to go directly to the Arlington Tennis Center Website.

ATC ProShop

Whether you are a tennis player or know a tennis player, the ProShop at Arlington Tennis Center has what you need! Our ProShop features an extensive stock of the latest in tennis racquets, strings and accessories. We also offer high performance tennis shoes and quality clothing items.



In addition to equipment and clothing, our ProShop carries a great selection of unusual, tennis-themed gifts. You are sure to find a perfect item for the tennis enthusiast in your life, and our knowledgeable staff will be on hand to assist with your selections.

Arlington Tennis Center ProShop hours:

Monday – Thursday 8am-9:30pm, Friday 8am-8pm,
Saturday 8am-5pm, Sunday 12-8pm



Special Programs

Boston's Create Your Own Pizza Class

A morning of pizza making fun! Learn about safety in the kitchen and how to make pizza as you are given a full tour and the space to make your own at Boston's Pizza!!!

Age: 5-14		\$10 / Class	
Sa	Jan 8	10:00am-11:00am	EOAC 133900
Sa	Feb 26	10:00am-11:00am	EOAC 133901
Sa	Mar 19	10:00am-11:00am	EOAC 133902
Sa	Apr 9	10:00am-11:00am	EOAC 133903

Cooking 101

Calling all Chefs! In this fun and exciting class young chefs create yummy culinary masterpieces. They'll learn the basics of measuring, preparing food and putting dishes together. Bring your appetite because we'll taste what we make!

Age: 5-12		\$40 /Month	
F	Feb 4	5:00pm-6:00pm	DLRC 134416
F	Mar 4	5:00pm-6:00pm	DLRC 134417
F	Apr 1	5:00pm-6:00pm	DLRC 134418

CPR Basic Training

Learn Basic Life Saving (CPR) skills for children and adults. This is a certification course through American Heart Association. Card is valid for two years.

Age: 8 and up		\$35 / 1 Classes	
Sa	Feb 26	9:00am-12:00pm	EOAC 132933
Sa	Apr 16	9:00am-12:00pm	EOAC 132934

CPR Basic Training for Teens

This American Heart Association Heartsaver CPR Course is tailored to middle and high school students. Learn CPR, how to use an AED, relief of choking in adults, children and infants. Certification expires after two years.

Age: 12-16		\$48 / 1 Classes	
Th	Mar 17	1:00pm-5:00pm	DLRC 134351
W	Apr 13	4:00pm-8:00pm	DLRC 134352

Babysitter Training

Learn how to have a fun and safe experience with the children in your care, how to handle an emergency and much more!

Age: 11-13		\$48 / 2 Classes	
Tu,Th	Feb 8	4:00pm-7:30pm	DLRC 134348
M,W	Apr 11	4:00pm-7:30pm	DLRC 134350

Parent's Night Out!

Need some time to yourself? Drop your kids off and have a night just for you! Each week we will have a different activity planned to keep your kids entertained!

Age: 5-13		\$20 / Night	
F	Jan 14	6:00pm-10:00pm	CNRC 134326
F	Feb 11	6:00pm-10:00pm	CNRC 134327
F	Mar 18	6:00pm-10:00pm	CNRC 134328
F	Apr 15	6:00pm-10:00pm	CNRC 134330
F	Apr 29	6:00pm-10:00pm	CNRC 134329

Family Support Center Hugh Smith Recreation Center

The East Arlington Family Support Center is a community-based program whose goal is to ensure the healthy development and growth of young children by supporting their families and the communities in which they live.

In order to begin participating in programs through the Family Support Center, basic information is collected over the phone or in person. Families and individuals have three options to complete this enrollment:

CALL the Family Support Center at
(817) 277-3050.

EMAIL the Family Support Center at
familysupport@allchurchhome.org .

STOP BY the Family Support Center (office hours and staff availability will vary).

*The Family Support Center is located inside the
Hugh Smith Recreation Center at
1815 New York Ave., Arlington, TX 76010
(between Park Row and Pioneer Parkway).*

Special Programs

One Day Workshops at Cliff Nelson

Acting & Theatre

Have a blast learning about developing characters, emotions, plot, stage direction and other important elements of Acting and Theatre.

Age: 5-12		\$30 / 1 Class	
Sa	Mar 12	9:00am-12:00pm	CNRC 134319

Basketball Workshop

Participants will concentrate on the basics of the game. Learning passing, shooting, defense/offense drills and rebounding. Classes help children develop teamwork and listening skills.

Age: 5-6		\$20 / 1 Class	
W	Feb 2	5:00pm-7:00pm	CNRC 134136
W	Mar 2	5:00pm-7:00pm	CNRC 134137
W	Apr 6	5:00pm-7:00pm	CNRC 134138

Age: 7-8		\$20 / 1 Class	
W	Feb 9	5:00pm-7:00pm	CNRC 134139
W	Mar 14	5:00pm-7:00pm	CNRC 134140
W	Apr 11	5:00pm-7:00pm	CNRC 134141

Age: 9-12		\$20 / 1 Class	
W	Feb 22	5:00pm-7:00pm	CNRC 134142
W	Mar 30	5:00pm-7:00pm	CNRC 134143
W	Apr 20	5:00pm-7:00pm	CNRC 134144

Clay Workshop

Bring your imagination to life as you sculpt an assortment of animals and people out of clay. We'll use modeling clay, play dough, homemade clay and much more. Prepare to get messy in this hands-on experience!

Age: 5-12		\$30 / 1 Class	
Sa	Jan 29	9:00am-12:00pm	CNRC 134321

Cooking Workshop

Calling all Chefs! In this fun and exciting workshop young chefs will learn how to create yummy culinary masterpieces. Learn the basics on measuring, preparing food and putting dishes together. Bring your appetite because we'll taste what we make!

Age: 5-12		\$30 / 1 Class	
Sa	Feb 19	9:00am-12:00pm	CNRC 134310

Creative Writing Workshop

Do you have a big imagination? Love writing? Join us while we work on basic writing fundamentals while we create poems and short stories.

Age: 5-12		\$30 / 1 Class	
Sa	Apr 2	9:00am-12:00pm	CNRC 134315

Engineering Workshop

Ever wanted to build a bridge? A castle? How about a catapult? Now's your chance! Using everyday objects, young engineers will learn how to turn their dreams into reality.

Age: 5-12		\$30 / 1 Class	
Sa	Feb 26	9:00am-12:00pm	CNRC 134320

Family Self Defense

This is a class for the whole family. Learn about 'stranger danger' with your kids. The class includes self-defense and stresses the importance of self-confidence and mental discipline. Wear loose and comfortable clothing. Family is defined by a parent and two children.

Age: 3 and up		\$75 / 1 Class	
Sa	Apr 9	9:00am-12:00pm	CNRC 134316

Guitar Workshop

Learn basic chords, strumming techniques, tuning and care of the guitar.

Age: 7-12		\$30 / 1 Class	
Sa	Mar 5	9:00am-12:00pm	CNRC 134313

Music Introduction

In this workshop learn basic music theory. There will be musical activities to familiarize you with different types of music and different instruments. Participants will have the opportunity to experiment with several instruments.

Age: 5-12		\$30 / 1 Class	
Sa	Apr 30	9:00am-12:00pm	CNRC 134317

Special Programs

Sign Language Workshop

Come learn the basics of American Sign Language. In this course we will learn letters, numbers and common phrases. Learn how to express yourself in a new and creative way.

Age: 7-12 **\$30 / 1 Class**
Sa Jan 22 9:00am-12:00pm CNRC 134577

Women's Self Defense

Women learn to recognize and defend against an attacker by strengthening your mind, body and spirit so that you never have to be a victim.

Age: 12 and up **\$35 / 1 Classes**
Sa Feb 5 9:00am-12:00pm CNRC 134307
Sa Mar 5 9:00am-12:00pm CNRC 134308
Sa Apr 30 9:00am-12:00pm CNRC 134309

Preschool

Amazing Dinosaurs

Learn more about your favorite dinosaurs! Make your own fossil, play dino games, read books and more!
This is not a parent participation class.

Age: 3-5 **\$32 / Month**
F Feb 4 11:00am-12:00pm DLRC 134419
F Mar 4 11:00am-12:00pm DLRC 134420
F Apr 8 11:00am-12:00pm DLRC 134421

Mudworks

Let's get messy! We will make all kinds of really cool dough and other 'muddy' things! Please wear your grubby clothes! Try out the January class for two weeks.

Age: 2-3 **\$16 / 2 Classes**
Tu Jan 18 9:30am-10:00am DLRC 134179

Age: 2-3 **\$32 / Month**
Tu Feb 1 9:30am-10:00am DLRC 134180
Tu Mar 1 9:30am-10:00am DLRC 134181
Tu Apr 5 9:30am-10:00am DLRC 134182

Storybook Cooking

We will read some of our favorite children's books and make a craft and snack from the stories! Parents are not required to participate.

Age: 3-5 **\$34 / Month**
F Feb 4 1:00pm-2:00pm DLRC 134422
F Mar 4 1:00pm-2:00pm DLRC 134423
F Apr 1 1:00pm-2:00pm DLRC 134424

Helping Hands

The purpose of this program is to provide a safe environment for your child while she/he is developing. Is a fun and educational program for your child.

Age: 2-5 **\$70 / Month**
Tu, Th Jan 4 8:30am-11:30am EOAC 132918
Tu, Th Feb 1 8:30am-11:30am EOAC 132919
Tu, Th Mar 1 8:30am-11:30am EOAC 132920
Tu, Th Apr 5 8:30am-11:30am EOAC 132921

Preschool Playhouse

During this year-round program, we will carry out different themes using crafts, songs, stories, games and other fun activities. We will also introduce colors, shapes, numbers, letters and much more. Extended care is available until 1:00 pm at DLRC.

Age: 3 **\$85 / Month**
Th, Tu Jan 6 9:00am-12:00pm CNRC 134230
Tu, Th Jan 4 9:00am-12:00pm DLRC 134338
Tu, Th Feb 1 9:00am-12:00pm CNRC 134231
Tu, Th Feb 1 9:00am-12:00pm DLRC 134339
Tu, Th Mar 1 9:00am-12:00pm CNRC 134232
Tu, Th Mar 1 9:00am-12:00pm DLRC 134340
Tu, Th Apr 5 9:00am-12:00pm CNRC 134233
Tu, Th Apr 5 9:00am-12:00pm DLRC 134341

Age: 4-5 **\$85 / Month**
Th, Tu Jan 6 9:00am-12:00pm CNRC 134234
Tu, Th Jan 4 9:00am-12:00pm DLRC 134343
Tu, Th Feb 1 9:00am-12:00pm CNRC 134235
Tu, Th Feb 1 9:00am-12:00pm DLRC 134344
Tu, Th Mar 1 9:00am-12:00pm CNRC 134236
Tu, Th Mar 1 9:00am-12:00pm DLRC 134345
Tu, Th Apr 5 9:00am-12:00pm CNRC 134237
Tu, Th Apr 5 9:00am-12:00pm DLRC 134346

Register online at:
www.NaturallyFun.org

Special Programs

After School Programs

After School Care at DLRC

If your child attends Duff Elementary, staff members will escort your child to Dottie Lynn each day. We have snacks, finish homework, play games and make crafts. If your child attends Hill or Dunn Elementary, a staff member will transport each child from school to the recreation center in a city van at 3:20 pm. Space on the van is very limited so register early. A \$5 discount is offered for each additional child. A parent handbook is provided at time of registration.

All Aboard!

It's time to return to school. We know it can be tough getting readjusted to waking up early, doing homework and listening to teachers. Make going back to school more fun by attending DLRC's After School Care.

Age: 5-12 **\$130 / Month**
M-F Jan 3 3:20pm-6:30pm DLRC 134031
M-F Jan 3 3:20pm-6:30pm DLRC 134032
M-F Jan 3 3:20pm-6:30pm DLRC 134033



February Fun with Friends

What are the best things about going to school? Lunch, recess and YOUR FRIENDS! We are the solution to your after-school needs.

Age: 5-12 **\$130 / Month**
M-F Feb 1 3:20pm-6:30pm DLRC 134022
M-F Feb 1 3:20pm-6:30pm DLRC 134023
M-F Feb 1 3:20pm-6:30pm DLRC 134024

March Madness

Catch basketball fever with March Madness at Dottie Lynn! During this sports-themed month, we're going to play tons of basketball, tee ball, soccer, flag football and kickball. Join us for an exciting month of with loads of sports.

Age: 5-12 **\$130 / Month**
M-F Mar 1 3:20pm-6:30pm DLRC 134025
M-F Mar 1 3:20pm-6:30pm DLRC 134026
M-F Mar 1 3:20pm-6:30pm DLRC 134027

Crazy Crafty April

Join us for the crazy month of April. It's the month shoved between spring break and summer. We'll make the LONG month go by faster than you could ever imagine. We'll be creating tons of crafts throughout the month. Everyone has a creative side; let yours shine at Dottie Lynn.

Age: 5-12 **\$130 / Month**
M-F Apr 1 3:20pm-6:30pm DLRC 134019
M-F Apr 1 3:20pm-6:30pm DLRC 134020
M-F Apr 1 3:20pm-6:30pm DLRC 134021

After School at Hugh

We offer three hours of adult supervision for your children. Our staff is ready to help with homework, play games, eat snacks and have loads of fun! Staff members escort children to HSRC if they attend Rankin or Johns Elementary. This program follows the AISD calendar and will not be held on early dismissal days. A \$5 discount is offered for each additional child. For more information, a Parent Handbook is provided at time of registration.

Age: 5-12 **\$50 / Month**
M-F Jan 3 3:30pm-6:30pm HSRC 133091
M-F Jan 3 3:30pm-6:30pm HSRC 133092
M-F Feb 1 3:30pm-6:30pm HSRC 133093
M-F Feb 1 3:30pm-6:30pm HSRC 133094
M-F Mar 1 3:30pm-6:30pm HSRC 133095
M-F Mar 1 3:30pm-6:30pm HSRC 133096
M-F Apr 1 3:30pm-6:30pm HSRC 133097
M-F Apr 1 3:30pm-6:30pm HSRC 133098

Toddler Time



Parents and caregivers, bring your toddlers and play inside with our mats, slides, hula hoops, scooters and much more. We will set up the equipment and you have the fun! Toddler time is offered at DLRC on Tuesdays and Thursdays from 9:30 to 11 am and is for children ages one and two. There is a \$1 fee per session.



Camps

Camps

Full Day Camp

Day Camp

Don't want to fight all the skiers on the slopes or the 'beach bums' on the coast? We'll be here to watch your kids the week of Spring Break. Bring a sack lunch along each day; an afternoon snack is provided. Preregistration is required for all days in order to ensure accurate staffing.

Age: 5-12		\$110 / Week			
M-F	Mar 14	6:30am-6:30pm	DLRC	133861	
M-F	Mar 14	6:30am- 6:30pm	CNRC	133862	
M-F	Mar 14	7:00am-6:30pm	HSRC	133863	

Sports Camp

Are you ready for spring break training? How about some Football, Soccer, Wiffle Ball and Kickball? Get your game-face on and head over to the Elzie Odom Athletic Center Where your sports adventures begin. An afternoon snack is provided. Pre-registration is required for all days in order to ensure accurate staffing.

Age: 5-13		\$110 / Week			
M-F	Mar 14	7:00am-6:30pm	EOAC	133765	

X-Treme Teen Camp

Tired of staying at home bored? Too old for day camp? Join our X-Treme Teen Camp featuring new and exciting activities everyday including field trips and fun activities.

Age: 11-15		\$135 / Week			
M-F	Mar 14	9:00am-5:00pm	HSRC	133865	
M-F	Mar 14	9:00am-5:00pm	CNRC	134305	
M-F	Mar 14	9:00am-5:00pm	DLRC	134415	

Cooking 101

Calling all Chefs! Learn how to create yummy culinary masterpieces. We'll teach you the basics on measuring, preparing food and putting dishes together. Bring your appetite because we'll be tasting what we make!

Age: 5-12		\$80 / Week			
M-F	Mar 14	1:00pm-4:00pm	CNRC	134331	
M-F	Mar 14	9:00am-12:00pm	DLRC	134411	

Dance

Explore all types of dance: ballet, creative, jazz, tap and hip hop. End the week with a performance for parents and friends. Dance shoes are not required, but please bring them if you have them. If not please wear tennis shoes.

Age: 5-12		\$80 / Week			
M-F	Mar 14	1:00pm-4:00pm	DLRC	134412	



Half Day Camp

Dodgeball/Kickball

Dodgeball utilizes our most basic instincts... dodge a moving object. The game increases your child's hand-eye coordination and dexterity. They'll work on their speed and agility as well as basic mechanics of throwing the ball. In Kickball, children learn the basic rules, good sportsmanship, teamwork and most importantly how to have some fun!

Age: 6-13		\$65 / Week			
M-F	Mar 14	9:00am-12:00pm	EOAC	133920	
M-F	Mar 14	1:00pm-4:00pm	CNRC	134334	

Have a Ball Camp

Calling all old school sports enthusiasts... if you like playground sports, this is the camp for you! Learn the art of Dodgeball, Kickball, Whiffle Ball, Four Square and Flag Football. Come join our team! Ages 5-12. Facility Card required.

Age: 5-12		\$80 / Week			
M-F	Mar 14	9:00am-12:00pm	DLRC	134413	

Rock Climbing Camp

Campers learn basic rock climbing techniques and safety before taking their first climb. Group activities are incorporated to build teamwork. This is a great way to build self-esteem and achieve physical fitness for kids at all levels.

Age: 6-13		\$65 / Week			
M-F	Mar 14	1:00pm-4:00pm	EOAC	133919	

Soccer Camp

Learn to perfect ball handling and control, heading, shooting positions and offensive and defensive strategies.

Age: 6-12		\$65 / Week			
M-F	Mar 14	9:00am-12:00pm	CNRC	134333	



Sporties for Shorties

Come spend some time with us! Explore a variety of different sports including soccer, basketball, gymnastics and t-ball. Games and crafts will round out your days.

Age: 3-5		\$55 / Week			
M-F	Mar 14	9:00am-11:00am	DLRC	134414	

Super Scientist Camp

Come explore the wonderful world of science in this hands-on on course. Explore the fields of biology and chemistry while conducting some wild and wacky experiments.

Age: 5-12		\$80 / Week			
M-F	Mar 14	9:00am-12:00pm	CNRC	134335	

Tennis

Arlington Tennis Center's Junior Spring Break Tennis Camp is designed for all levels of players ages 7-17. Campers will be divided by age and ability. For QuickStart (ages 7-10) and beginner (ages 11-17), the camp introduces fundamentals of tennis in a fun and games format. A performance section is designed for advanced, high school and qualified players. All ATC camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction. Court assignments are subject to change. Please check in at the front counter.

Age: 7-17		\$120 / 4 Classes			
M-Th	Mar 14	9:00am-12:00pm	ATC	132841	

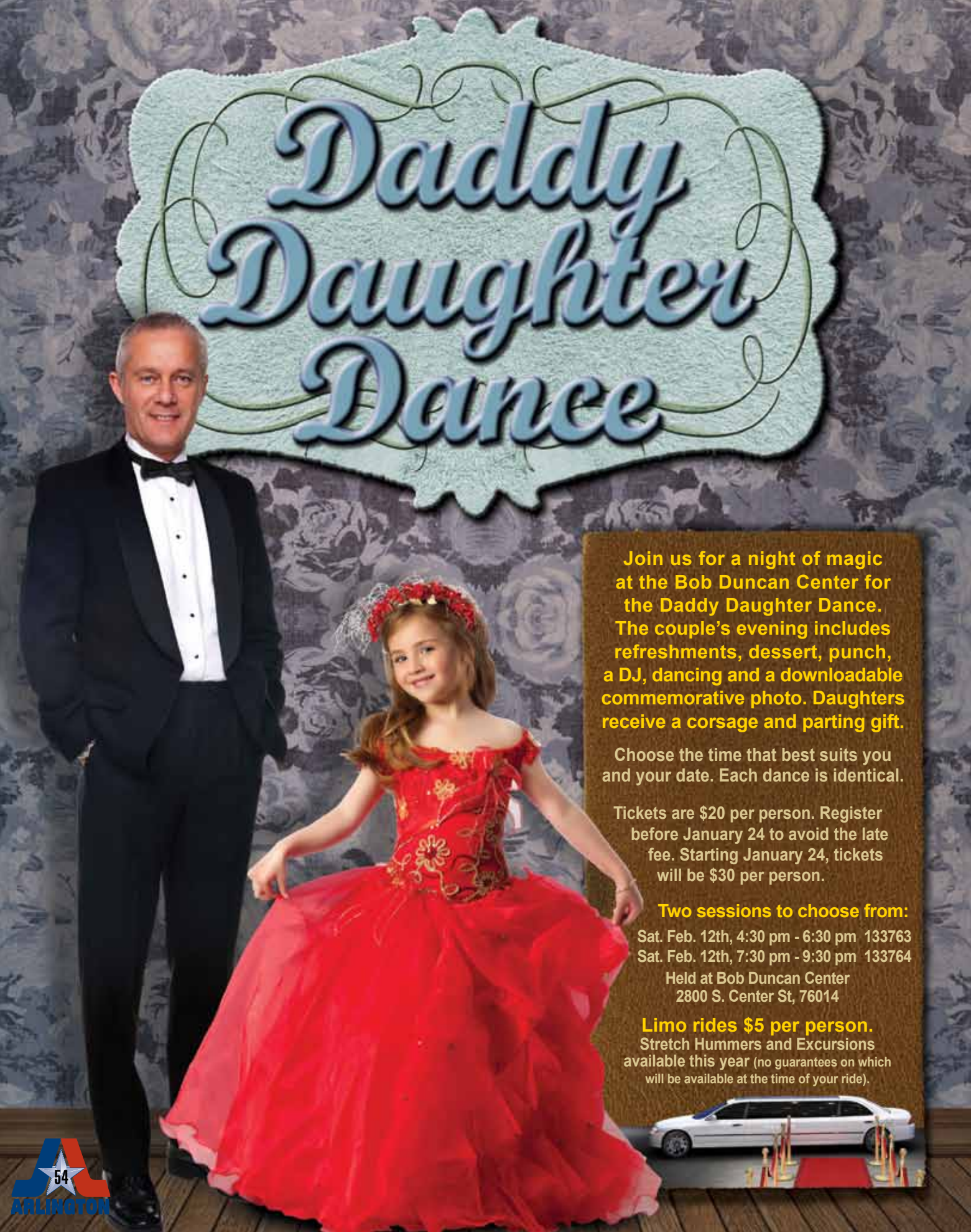


Summer Camp Training

Counselor in Training

Your teen will develop their leadership skills while helping and playing with our campers. All teens will be supervised while participating in regular camp activities. They will learn what it's like to be a counselor and have the skills necessary for future employment.

Age: 13-15		\$50 / Week			
M-F	Mar 14	6:30am-6:30pm	CNRC	134306	



Daddy Daughter Dance


Join us for a night of magic at the Bob Duncan Center for the Daddy Daughter Dance. The couple's evening includes refreshments, dessert, punch, a DJ, dancing and a downloadable commemorative photo. Daughters receive a corsage and parting gift.

Choose the time that best suits you and your date. Each dance is identical.

Tickets are \$20 per person. Register before January 24 to avoid the late fee. Starting January 24, tickets will be \$30 per person.

Two sessions to choose from:
Sat. Feb. 12th, 4:30 pm - 6:30 pm 133763
Sat. Feb. 12th, 7:30 pm - 9:30 pm 133764
Held at Bob Duncan Center
2800 S. Center St, 76014

Limo rides \$5 per person.
Stretch Hummers and Excursions available this year (no guarantees on which will be available at the time of your ride).



Mother Son / NFN

Mom & Son Overnight at the Rec

April 8th-9th, Friday 5pm – Saturday 7:30am
Cliff Nelson Recreation Center
Ages: 5-14 & their moms
\$12 per person 134784

Moms grab the sleeping bags, cot, blow-up mattress and anything else you need to be comfy for a night with your son at the Cliff Nelson Rec Center. The night will be filled with dinner, games with friendly mom & son competitions, crafts and more for you and the most important "man" in your life! Leave all the chores, Dad and the rest of the family at home and come play the night away with fellow Moms and their sons. Let the games begin!



Bring the whole family and come join the FUN!

Kite Festival
Saturday, March 12, 10am-2pm
River Legacy Parks

Family Fishing Adventure
Saturday, April 23, 7am-12pm
California Lane Park

Tents & Tales Family Campout
Movie: Cloudy with a Chance of Meatballs
Friday and Saturday, March 25 & 26, 4pm-7am
River Legacy Parks

Arlington Tennis Center Block Party
Saturday, May 7, 1-4pm
Arlington Tennis Center

Make A Splash
Saturday, April 2, 12-4pm
Hugh Smith Indoor Pool

Kids Fishing Derby
Saturday, June 4, 7am-12pm
Bowman Springs Park



Check our website for information on all Naturally Fun Neighborhood events!
(hours, activities, food and music vary by location)

Naturally Fun Neighborhoods 
Building Strong and Safe Neighborhoods Through Recreation

Holiday Happenings

Valentine's Workshop

In this fun and creative workshop we'll celebrate the joy of Valentine's Day by making valentines and crafts. Some to keep and some to share!

Age: 5-12, \$30
Sa, Feb 12, 9:00am-12:00pm, CNRC, 134322
Sa, Feb 12, 1:00pm-4:00pm, DLRC, 135357



Valentine's Tots Party



Join us for a fun morning of music, decorating cookies and story time. Parents should stay to help with the fun and bring a camera.

Age: 2-5, \$6
W, Feb 9, 11:00am-12:30pm, HSRC, 134336
Sa, Feb 12, 11:00am-12:30pm, HSRC, 134439

Easter Funanza

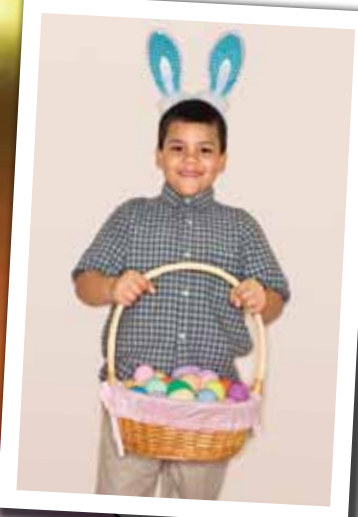
Come and join us as we celebrate Easter with games, activities and egg hunt. Watch for special appearance by the Easter Bunny. Parents should stay to help with the fun and bring a camera.

Age: 2-6, \$12
Saturday, April 16
11:30am-1:00pm
Hugh Smith Recreation Center
134434

Wednesday, April 20
11:30am-1:00pm
Hugh Smith Recreation Center
134337



Easter Bunny's Workshop



Step inside the Easter Bunny's Workshop with us! We'll decorate eggs, create some magical crafts and end the day with an egg hunt!

Age: 5-12, \$30
Saturday, April 16
9:00am-12:00pm
Cliff Nelson Recreation Center
134325

9:00am-12:00pm
Dottie Lynn Recreation Center
135358

Educational Workshops

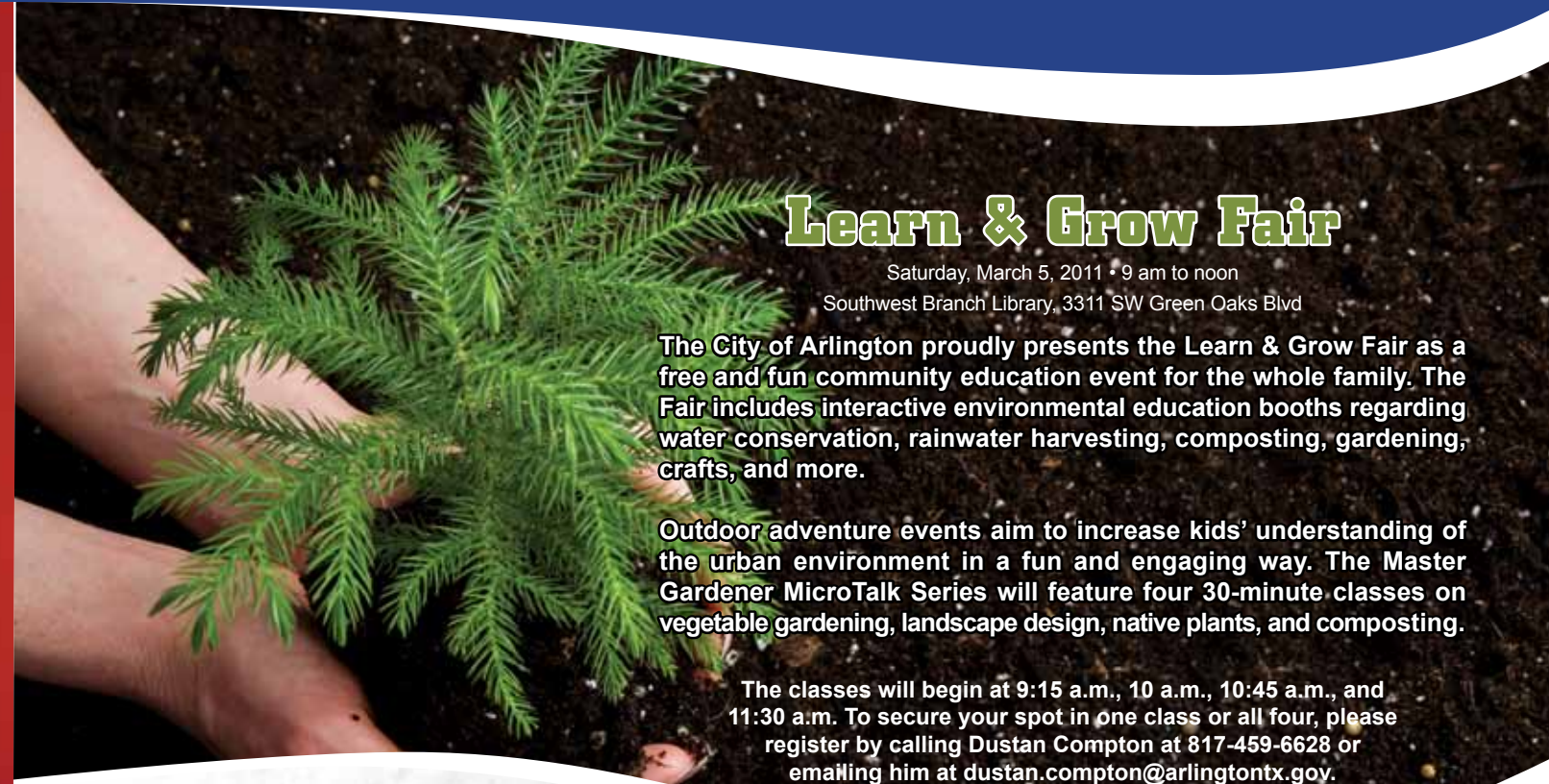
Learn & Grow Fair

Saturday, March 5, 2011 • 9 am to noon
Southwest Branch Library, 3311 SW Green Oaks Blvd

The City of Arlington proudly presents the Learn & Grow Fair as a free and fun community education event for the whole family. The Fair includes interactive environmental education booths regarding water conservation, rainwater harvesting, composting, gardening, crafts, and more.

Outdoor adventure events aim to increase kids' understanding of the urban environment in a fun and engaging way. The Master Gardener MicroTalk Series will feature four 30-minute classes on vegetable gardening, landscape design, native plants, and composting.

The classes will begin at 9:15 a.m., 10 a.m., 10:45 a.m., and 11:30 a.m. To secure your spot in one class or all four, please register by calling Dustan Compton at 817-459-6628 or emailing him at dustan.compton@arlingtontx.gov.



Home Improvement One day Workshops!

Sign up for all 4 classes and receive a discount of \$8, \$40 for 4 classes.



Make the Biggest Impact on Your Bathroom

Learn how to get started, discover what's important to you and start your bathroom remodel. Learn how to pull the entire remodel project together, from tile to cabinets, showers, vanities, lighting, plumbing fixtures and accessories.

Age: 18 and up			\$12 / 1 class
W	Feb 23	11:00am-12:30pm	SRCE 135353
F	April 15	6:00pm-7:30pm	CNRC 135347

Kitchens of Tomorrow

Discover the main ingredients in remodeling the most important room in your home. Learn how to pull the entire remodel project together, from floor to ceiling and create your focal point.

Age: 18 and up			\$12 / 1 class
F	Feb 25	11:00am-12:30pm	SRCE 135354
S	Apr 16	11:00am-12:30pm	CNRC 135348

7 Steps to a Successful Remodel

Learn how to remodel your home in 7 easy steps, from getting started with the design that fits best in your home, to choosing the right contractor, reviewing your proposal and completing the contract

Age: 18 and up			\$12 / 1 class
W	Feb 16	11:00am-12:30pm	SRCE 135351
F	Apr 1	6:00pm-7:30pm	CNRC 135345

Create YOUR Living Space with Style, Looks and Comfort

Learn the latest trends and styles and how to bring your home up-to-date. Discover the Top 10 most popular updates. Learn how you can update without changing everything in your home

Age: 18 and up			\$12 / 1 class
F	Feb 18	11:00am-12:30pm	SRCE 135352
S	Apr 2	11:00am-12:30pm	CNRC 135346



Rent for Your Event



Looking for the perfect place to have your next gathering?

Then check out all the facilities that Arlington Parks and Recreation has to offer!

We rent recreation centers, meeting rooms, gymnasiums, senior centers, park pavilions, tennis courts, swimming pools, banquet rooms, golf courses, softball fields, a skating arena, rock climbing wall, lake room and many other facilities!



Lake Arlington

Planning an event? The Lake Arlington Activity Room is the perfect place for many events such as wedding receptions, reunions, parties, meetings and more! The climate controlled room comfortably holds up to 75 people and includes tables, chairs, restrooms and a kitchen.

Full Day (9am-11pm) \$300 (Sat, Sun, Holidays)
Half Day (9am-4pm or 4pm-11pm) \$200 (Mon-Fri only, Except Holidays)
Deposit - \$100 (Refundable if the room is clean, undamaged and vacated by the contracted time.)
For information on renting the Lake Arlington Activity Room, call 817-459-5474.

Please visit
 **NaturallyFun.org**

for indoor pool rental information and fees.

Rental Facilities



**Weddings and Receptions
Special Occasions
Business Meetings and Seminars
Quinceañeras**

**Accommodates up to 500 guests
Outside food & beverage allowed
Catering list available
Event planning staff
Complimentary parking
Wedding Packages
and much more!**

Bob Duncan Center,
2800 S. Center St., Arlington, TX 76014
817-465-6661
bobduncancenter.com



**Come experience the perfect venue
for affordable luxury!
Book now for your holiday event!**



**New in 2011...
Meadowbrook Center
is now a full-time rental facility!**

Be sure to consider it when planning your next event.

Meadowbrook Recreation Center is conveniently located in Arlington's oldest park and offers a 13,000 square foot space with lots of natural light. It's the perfect venue for parties, meetings, reunions, trade shows and more!

- Available for Rent 7 Days per Week
- Accommodates up to 300
- Full-size Gym
- Two Activity Rooms
- Small kitchen with Sink and Refrigerator
- Tables and Chairs included with Rental



For more information or to reserve Meadowbrook Center for your next event, call 817-465-6661 or visit naturallyfun.org.



Mature Adults

Mature Adults

Casino Trips

Visit various Casinos. You will receive an assortment of gaming packages upon arrival.

Choctaw Casino (OK)
Fee: \$10
Location: SRCE
Day/Time: Feb 22, 2011, 8:00 am-8:00pm

Winstar Casino (OK)
Fee: \$10
Location: SRCNY
Day/Time: Apr 26, 2011, 8:00am-8:00pm



Trips

Join us as we explore DFW and other venues not far from home. Day trips depart the Senior Recreation Centers multiple times each month to various local attractions, eateries and special destinations. Complete trip information can be found at the Senior Recreation Centers.

American Airlines & Cracker Barrel
Fee: \$30
Location: SRCE
Day/Time: Jan 18, 9:30am

Jubilee Theatre – Shakin’ the Mess out of Misery
Fee: \$25
Location: SRCE
Day/Time: Jan 23, 1:30pm

Granbury on the Square Shopping and Historical Trolley Tour
Fee: \$15
Location: SRCNY
Day/Time: Feb 26, 9:00am

Fort Worth Main Street Arts Festival
Fee: \$12
Location: SRCNY
Day/Time: Apr 15, 10:00am

Texas Rangers Museum & Dr. Pepper Museum
Fee: \$45
Location: SRCNY
Day/Time: Mar 22, 9:00am

Dallas Blooms
Fee: \$15
Location: SRCE
Day/Time: Mar 31, 9:00am

Air Power Expo
Fee: \$12
Location: SRCNY
Day/Time: Apr 16



Red Hat Activities

We believe silliness provides comedy relief for life and we share a bond of affection forged by common life experiences. Our official chapter name “The Arlington Day Dreamers” enjoy monthly outings or social events around the metroplex destinations or at the Senior Centers. All Red Hat Trips depart from SCRE.

Hoffbrau
Fee: \$12.00
Day/Time: Wed, Jan 19, 11:30am
RSVP: Queen Mum Ann Mitchell, 817-265-3065

China Harbor
Fee: \$12.00
Day/Time: Wed, Feb 16, 11:00am
RSVP: Queen Mum Ann Mitchell 817-265-3065

Draper’s & Damon’s Style Show and Luncheon
Day/Time: Wed, Mar 16, 10:00am
Fee: \$12.00
RSVP: Ann Mitchell, Queen Mum 817-265-3065

Tyler Azealia Trails
Fee: \$12.00
Day/Time: Wed, Apr 20, 9:00am
RSVP:

Furr’s
Fee: \$12.00
Day/Time: Wed, May 18th, 11:00am
RSVP: Queen Mum Ann Mitchell 817-265-3065



Senior Dance

Friday Night Band Dance

Live bands perform each Friday and theme dances occur frequently. Light refreshments are served.

Fee: \$6 / dance
Location: SRCE
Day/Time: Fri, 7:00pm-9:30pm



Beginning Tap

We will start from the beginning to learn everything you ever wanted to be taught about tap dancing. Come enjoy this class with an experienced instructor and performer and have a great time while getting in some wonderful fitness too.

Fee: \$3 / class
Location: SRCE
Day/Time: Wed, 1:00pm-2:00pm

Register online at:
www.NaturallyFun.org

Mature Adults

Line Dance Lessons

Step-by-step method for learning fun dynamic line dances.

Fee: \$2 / class
Location: SRCE
Day/Time: Tue, 1:30pm-3:00pm



Wednesday Dance

Dance to Country Western, Big Band and other favorite hits. Our DJ spins the records while you enjoy line, chair and partner dancing.

Fee: Free
Location: SRCNY
Day/Time: Wed, 10:00am-11:30am

Merry Rounders

Round dancing on Monday nights has never been so fun.

Fee: Contact SRCE for more information
Location: SRCE
Day/Time: Mon, 7:00pm-9:30pm

Music

Joyful Singing

Sing along to your favorite old time and new hymns.

Fee: Free
Location: SRCNY
Day/Time: Tue, 10:30am-11:30am

Kitchen Band

You'll be full of laughs and smiles as you join Arlington's very own kitchen band. Bring a harmonizing voice and any kitchen bowl and spoon to bang on. This group performs for special events in the area.

Fee: Free
Location: SRCE
Day/Time: Mon, 2:00pm-4:00pm



Ukelele Lessons

Join us on Mondays and learn to play the ukulele.

Fee: Free
Location: SRCE
Day/Time: Mon, 11:30am-12:30pm

Ukelele Band at SRCE

Hawaiian Music is relaxing and you can learn how to play it yourself on a ukulele!

Fee: Free
Location: SRCE
Day/Time: Mon, 12:30pm-2:00pm

Art

Craft Club

Knit or crochet hats, blankets and booties for area charities. Our sponsor, National Semi Conductor, provides yarn and supplies as needed.

Fee: Free
Location: SRCE
Day/Time: Mon, 9:00am-12:30pm



Stitch-N-Beads

Get new ideas for gifts as well as items to sell. Work independently on your own crafts while visiting with friends.

Fee: Free
Location: SRCNY
Day/Time: Thur, 10:00am-11:30am

Mature Adults

WET Club

Watercolor Every Tuesday is a group that gets together each week to paint with friends. Join this group and share ideas and techniques on how to paint beautiful pictures. A relaxing environment to allow you to work at your own pace.

Fee: Paid to club leader
Location: SRCE
Day/Time: Tue, 9:00am-1:00pm

Oil Painting

Capture your favorite picture with paint. Learn the basics needed to create paintings you have always hoped to put on canvas.

Fee: \$30 / Month
Location: SRCE
Day/Time: Wed, 1:00pm-4:00pm



Watercolor Painting

Control the flow of color with water and discover different looks by using a variety of papers and painting techniques.

Fee: \$30 / Month
Location: SRCE
Day/Time: Mon, 1:00pm-4:00pm

Register online at:
www.NaturallyFun.org

Exercise

Advanced Fitness

Are you ready for an exercise class that takes you to the next level of fitness? Then look no further, this class is for you. We will exercise to guarantee you are at a cardio fitness level to burn away those calories and have fun while you do it.

Fee: \$12 / Month
Location: SRCE
Day/Time: Mon/Wed/Fri, 10:45am-11:30am



Senior Exercise

A relaxing, highly effective workout designed to help reduce stress while working to rejuvenate and tone your muscles. This class uses low impact exercises to help you get and stay in shape.

Fee: \$12 / Month
Location: SRCE
Day/Time: Mon/Wed/Thu, 9:45am-10:30am

Parkinson's Support & Exercise

Class meets twice a week. Special program on the 2nd Monday of each month.

Fee: Free
Location: SRCNY
Day/Time: Mon/Thu 10:00am-11:00am

Pilates

Pilates focuses on core strength and stability. Our class will emphasize working at a basic level while building a strong foundation to increase your core strength.

Fee: \$12 / Month
Location: SRCE
Day/Time: Tue/Thu, 11:00am-11:45am



Weight Room Class

Learn how to use the exercise room at SRCE in a fun class setting. Free weights, cardio equipment and proper use of machines will be taught.

Fee: \$12 / Month
Location: SRCE
Day/Time: Mon/Wed, 10:30am-11:15am

Strength Training

Light cardio with hand weights, exercise bands, poles and chairs.

Fee: \$12 / Month
Location: SRCNY
Day/Time: Mon/Wed/Fri, 8:45am-9:30am

Strength Training Plus

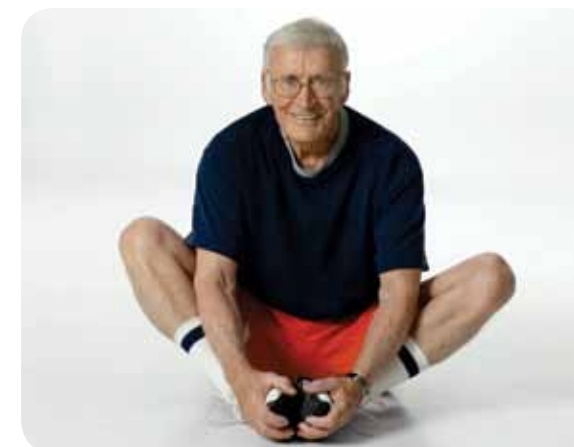
Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of class.

Fee: Fitness Plus Membership required
Location: Cliff Nelson Recreation Center
Day/Time: Mon/Wed/Fri, 8:15am-9:15am

Yoga Class

Diminish stress and bring your mind, body and soul together. Notice a difference in your breathing and the way you relax.

Fee: \$12 / Month
Location: SRCE
Day/Time: Mon/Wed, 8:45am-9:30am



Zumba® Gold

A fusion of Latin/International music and dance themes such as salsa, tango, belly dancing and much more. Fitness has never been so much fun!

Fee: \$40 / 10 classes
Location: SRCE
Day/Time: Tue/Fri, 9:30am-10:15am

Tai Chi

Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements.

Fee: \$14 / once a week or \$22 / twice a week
Location: SRCNY
Day/Time: Mon/Fri, 9:45am-11:00am

Senior Exercise

Group exercise including flexibility, balance and strength done to big band and swing music. Learn proper technique in use of free weights, bands and tubes.

Fee: \$12 / Month
Location: Dottie Lynn Recreation Center
Day/Time: Tue, 8:00am-9:00am

Health and Wellness Expo



Jump start your fitness program by attending our 9th Annual Health and Wellness Expo. This family fun event offers information and inter-active demonstrations that will help get you motivated to make healthy lifestyle changes. Vendor Booths are available for \$60 per space. Call 817-277-8091 to reserve your spot now.

Activities include:

- Health Screenings
- Spinal Screenings
- Bone Density Screenings
- Yoga and Pilates Demonstrations
- Food and Beauty Demonstrations
- Blood Pressure Checks
- Balance Tests
- Door Prizes And More!

Friday, April 29 – 2011

FREE

9am-1pm

Senior Center Eunice, 1000 Eunice St.
 Arlington, 76010

For additional details visit naturallyfun.org
 or call 817-277-8091.

Blood Pressure Check

Free blood pressure checks on the first and third Wednesdays of the month on a first come, first serve basis.

Fee: Free
Location: SRCNY
Day/Time: 1st & 3rd Wed, 11:15am-12:00pm

Mature Adults

Mature Adults

Drop in Activities

Supper Club

Check monthly Senior Center calendars for complete list of restaurants. RSVP to SRCNY.

Fee: Free
Location: Varies
Day/Time: 2nd Tue/month, 5:00pm at restaurant location

Advanced/Competitive Bridge

Play cards and visit with some of the best people in the metroplex.

Fee: Free
Location: SRCE
Day/Time: Mon/Tue/Wed/Fri, 1:00pm-3:30pm

Beginner/Recreational Bridge

Recreational bridge class for beginners to learn how to play the game.

Fee: Free
Location: SRCE
Day/Time: Thur, 1:00pm-3:30pm

Billiards at SRCE

Did you know the Game Room at SRCE has a freshly covered billiards table? Bring a friend and enjoy a game!

Fee: Free
Location: SRCE
Day/Time: Mon-Fri, 8:30am-5:00pm

Darts at SRCNY

Check out our dart boards featuring digital scorekeeping, voice instructions and soft-tipped darts.

Fee: Free
Location: SRCNY
Day/Time: 8:00am-4:00pm

Card Games

Crave a little competition? Join us on Tuesdays for some fellowship while playing card games.

Fee: Free
Location: SRCNY
Day/Time: Tue, 9:30am-4:00pm

Fitness Walking

Come join us for a great morning exercise. A group meets to walk in the mornings to get their blood flowing.

Fee: Free
Location: HSRC
Day/Time: Mon/Wed/Fri 8:00am-8:30am

Games Night

Join us for an evening of Dominoes, Pinochle, Canasta, Bridge, Cribbage and other games. Bring snacks to share. Coffee is provided.

Fee: Free
Location: SRCE
Day/Time: Mon/Thur, 5:30pm-9:30pm

Potluck Bingo

Join in the fun at potluck Bingo! Dinner starts at 5PM and Bingo is played following dessert! In addition to bringing a potluck dish, bring a gift that does not cost more than \$2 in a brown bag for a bingo prize.

Fee: Free
Location: SRCNY
Day/Time: 4th Tue, 5:00pm-8:00pm

Helping Hands Food Pantry

Join us for the Prime Time lunch 8 times a month and you can sign up to receive groceries. Spaces are limited and on a first come first serve basis.

Fee: Free
Location: SRCNY
Day/Time: 2nd Fri, 8:00am-12:30pm

Movies

Spend the morning sitting back and enjoying a bag of popcorn and a nice cold drink while watching a great movie. Look for the monthly calendars to see what's showing.

Fee: Free
Location: SRCNY
Day/Time: 1st Fri, 9:30am-11:30am

Bingo in The Afternoon

Bring non-perishable grocery items for bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Fee: Free
Location: SCRNY
Day/Time: 1st Tue, 3:00pm-5:00pm



Prime Time Lunch

Join us for lunch with great conversation and fun games. Senior Citizens Services provides lunch to persons 60+ years of age and their spouse. Reservations are required by noon at least one day in advance - 817-460-5009. Lunch will not be served Apr 2, May 31, and July 5.

Fee: \$2 donation
Location: SRCNY
Day/Time: Daily, 11:30am

Super Bingo

Bring non perishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Fee: Free
Location: SRCNY
Day/Time: 3rd and 5th Fri, 10:00am-11:30am



Are you looking for a great way to spend your time and give back to the community?

Join the Parks and Recreation Senior Volunteer Program. We need help with the following programs:

Teach Classes
Prime Time Lunch
Bingo
Friday Night Dances
Special Events and Birthday Parties

For more information call either of the Senior Centers.

Room Rental

For room rental information turn to page 58.

**Get Out! Get Active!
Get Stamped!**

Pick up your Arlington Passport today. Visit naturallyfun.org for program details.



Education

Senior Driver's Safety Program

Need a discount on your auto insurance? You can save up to 10 percent depending on your insurance carrier. Books, videos and participant interaction make the classes go by quickly. \$12 fee payable to AARP for AARP members and \$14 for non-members. Additional administrative fee of \$2 for facility members and \$5 for non-members.

Age: 50 and up		\$2 / 1 Classes	
Th	Jan 6	1:00pm-5:00pm	SRCE 133472
Th	Feb 3	1:00pm-5:00pm	SRCE 133476
Th	Mar 3	1:00pm-5:00pm	SRCE 133477
Th	Apr 7	1:00pm-5:00pm	SRCE 133478



Senior Internet 101

Have you always wanted to explore the World Wide Web? Have you wondered what is the Internet? Then, this course is for you. We'll start with an introduction to the Internet as you begin your journey through one of the most widely used methods of communication in the world. Instruction is provided in a fun, slow paced atmosphere. Learn how to search for information, look up a local business online, get directions and set up an e-mail account so that you can exchange messages, pictures and more with friends and family. Even if you do not own a computer, this course will help you to use the Internet wherever one is available for you to use.

Prerequisite: Intro to PC course or if you already possess basic computing skills. A membership card is required.

Age: 50 and up		\$37 / 8 Classes	
Tu, Th	Jan 4	12:00pm-1:00pm	SRCE 133545
Tu, Th	Feb 1	12:00pm-1:00pm	SRCE 133549
Tu, Th	Mar 1	12:00pm-1:00pm	SRCE 133550
Tu, Th	Apr 5	12:00pm-1:00pm	SRCE 133551

Senior Intro to PC

If you have never touched a computer, don't worry - you are in the right place. Have fun while getting hands-on training in the basics of computing and Windows XP. Start by gaining an understanding of how your computer works. Learn to use a keyboard and mouse and you will learn to make your computer do what you want it to do. A membership card is required.

Age: 50 and up		\$37 / 9 Classes	
M, W	Jan 3	1:30pm-3:00pm	SRCE 133552
W, M	Feb 2	1:30pm-3:00pm	SRCE 133553
W, M	Mar 2	1:30pm-3:00pm	SRCE 133556
M, W	Apr 4	1:30pm-3:00pm	SRCE 133557

Education Sessions

What is Diabetes?

Knowing the Human Body, The Human Body Systems and Functions, How Diabetes Affects the body, Principles of Diabetes Control, Eating the right foods, Exercise, Make a weekly action plan.

Location: SRCNY
Day/Time: January 28, 10:00am

Medicare - Changes for 2011

Presented By: Area Agency on Aging
Location: SRCNY
Day/Time: January 14, 10:00am

Medicare Fraud

Presented By: Area Agency on Aging
Location: SRCNY
Day/Time: February 11, 10:00am

Hypertension

Presented by: John Peter Smith Hospital
Day/Time: February 25, 10:00am
Location: SRCNY

AAA Overview of Services

Day/Time: March 11, 10:00am

Heart Health

Presented by: John Peter Smith Hospital
Location: SRCNY
Day/Time: April 22, 10:00am

Long Term Options for Living Well

Presented By: Area Agency on Aging
Location: SRCNY
Day/Time: April 8, 10:00am

Aging at Home

10 Practical Steps for Updating YOUR Home

Learn how to avoid the 3 BIG Mistakes of Staying in YOUR Home as YOU Age, the 10 Important Home Improvement Steps for Extending YOUR Ability to Stay in YOUR Own Home, plan to update YOUR home without total destruction and make it safe, accessible and comfortable.

Fee: \$20
Location: HSRC
Day/Time: March 14 & 15, 5:00pm-6:00pm

Location: SCRC
Day/Time: Feb 17 & 18, 1:00pm-2:00pm



Celebrations

Birthday Parties

Come join our birthday celebrations every month at SRCNY. Listen to fun music while playing games and enjoying cake and punch. Bring your friends and family too.

Fee: Free
Location: SRCNY
Day/Time: 4th Fri, 10:00am-11:30am

Special Events

9th Annual Health and Wellness Expo

Location: SRCE
Day/Time: Fri, April 29th, 9:00am-1:00pm

Check out the Craft Club display cases
at both Senior Recreation Centers

Informational

Senior Advisory Board

Join the Senior Advisory Board and help make great changes and raise money for the senior centers! Meetings are held quarterly and locations alternate between SRCE and SRCNY. See monthly activity calendars for locations.

Fee: Free
Location: Alternates between Senior Centers
Day/Time: Wed, 3:30pm-4:30pm

Organizations

Organizations

NARFE

The National Association of Retired Federal Employees meets the 3rd Monday of each month at 9:00 am at SRCE.

RSEA

Retired School Educators of Arlington meet on the 3rd Tuesday of each month at 2:00 pm at SRCE. (Does not meet June – August)

Senior Men's Club

Meetings are held on the 2nd Wednesday of each month at 10:00 am at SRCE.

Senior Men's Golf

Meetings are held on the 1st and 5th Thursday of each month at 1:00 pm at SRCE.

Arlington Low Vision Support Group

Meetings are held on the 4th Wednesday of every other month at 11:00 am at SRCNY.

Register online at:

www.NaturallyFun.org



Mature Adults

Monthly Calendar

Programs and Classes - Membership card Required

Senior Recreation Center Eunice

Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am	*Yoga		*Yoga		
9:00am	Craft Club NARFE Mtg. (3rd Mon)	*WET Club			
9:30am		*Zumba® Gold		*Exercise	
9:45am	*Exercise		*Exercise		
10:00am			Men's Club Meeting (2nd Wed)		
10:30am	*Weight Room Class		*Weight Room Class		
10:45am	*Advanced Fitness		*Advanced Fitness		*Advanced Fitness
11:00am	Ukelele Lesson	*Pilates		*Pilates	
12:00pm		*Internet 101		*Internet 101	
12:30pm	Ukelele Band				
1:00pm	*Watercolor Painting Bridge Adv/Comp	Bridge Adv/Comp	*Oil Painting Bridge Adv/Comp *Beginning Tap	*55-Alive (1st Thu) Senior Men's Golf (1st Th) Bridge Beg/Rec	Bridge Adv/Comp
1:30pm	*Intro to PC	*Line Dance	*Intro to PC		
2:00pm	Kitchen Band	Retired Teacher Assn. (3rd Tue)			
3:30pm			Sr. Advisory Board (2nd Wed)		
5:30pm	Game Night			Game Night	
7:00pm	Merry Rounders				Friday Night Dance

* Prices listed in class descriptions on previous pages.

Senior Recreation Center New York

Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Fitness Walking		Fitness Walking		Fitness Walking
8:45am	*Strength Training		*Strength Training		*Strength Training
9:30am					Senior Movies (1st Fri)
9:45am	*Tai Chi				*Tai Chi
10:00am		Games	Wednesday Dance	Stitch 'N' Beads Parkinson's Support & Exercise	Friday Super Bingo (3rd & 5th Fri) Birthday Parties (4th Fri)
10:30am		Joyful Singing			Food Pantry (2nd Fri)
11:15am			Blood Pressure Checks (1st and 3rd Wed)		
11:30am	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation
1:00pm		*Cardio Fitness		*Cardio Fitness	
2:00pm					
3:00pm		Afternoon Bingo (1st Tue)			
3:30pm			Sr. Advisory Board (2nd Wed)		
5:00pm		Pot Luck Bingo (4th Tue) Supper Club (2nd Tue)			

* Prices listed in class descriptions on previous pages.

Transportation

Handitran is a transportation service for seniors and citizens with disabilities. Call 817-459-5390 for rates and information or 817-275-3704 to schedule a ride. Available to qualifying Arlington and Pantego residents.



Check Out What's Happening at the Arlington Public Library

You may be surprised at the variety of materials, services and resources available to you at the Arlington Public Library ... all you need is a library card!



Books, music, and movies are available for checkout but that's not all. We have business resources, downloadable e-books and audiobooks, genealogy resources, interlibrary loans, Learning Express (online preparation for academic and professional exams), Mango (online language learning resource), meeting rooms, online book clubs, databases, programs and events, public access computers, reference information 24/7, tutoring for children and adults, WiFi Internet access, and more!

Locations and Hours of Operation:

George W. Hawkes Central Library
101 E. Abram St. (817) 459-6900
Monday through Thursday 9am – 9pm
Friday & Saturday 9am – 6pm
Sunday (Sept.-May) 2pm – 6pm

East Arlington Branch
1624 New York Ave. (817) 275-3321

Northeast Branch
1905 Brown Blvd. (817) 277-5573

Lake Arlington Branch
4000 W. Green Oaks Blvd. (817) 478-3762

Southeast Branch
900 S.E. Green Oaks Blvd. (817) 459-6395
This branch only-Open Sunday (Sept.-May) 2pm-6pm

Southwest Branch
3311 SW Green Oaks Blvd. (817) 459-6386

Woodland West Branch
2837 W. Park Row Dr. (817) 277-5265

Hours of Operation for all Branch Locations
Monday - Thursday 10am – 8pm
Friday & Saturday 10am – 5pm
Sunday Closed

Experience Art! @ the Library

Saturday, April 23, 11 a.m. – 4:30 p.m., Lake Arlington Branch

Experience a full day of art-related fun! Come view a gallery of student artwork from several neighborhood schools. Art class for grades 4 - 6 is from 11 a.m. – 12:30 p.m. Register online for this class or call 817-478-3762. Younger children can enjoy making puppets at the "Creation Station." Art demonstrations presented by local artists begin at 2 p.m. and include cartooning, origami, painting, pottery, and gourd art.

Teddy Bear Sleepover

Friday, January 28, All library locations

Teddy bears and other "snuggly friends" are invited to stay all night at the library for the annual Teddy Bear Sleepover. Young owners can drop off their teddy bear (or any stuffed animal) at any Arlington Public Library location during regular hours on Friday, January 28. The teddy bears will spend the night listening to stories, playing games, and having fun. Children can pick up their little friends during regular hours on Saturday, January 29, and will receive a souvenir photograph of their stuffed animal having fun at the library.

New!

"My First Library cards" are available for all children birth to 3 years old!

Library Events

Daddy Time @ the Library!

Southwest Branch Library
Tuesdays, January 11 – February 15, 6:30 p.m.
Northeast Branch Library
Thursdays, January 13 – February 17, 6:30 p.m.

Daddies and babies (birth-24 months) will enjoy six sessions of stories, songs, rhymes, and interactive play. Male caregivers are welcome, but no Mommies allowed.

Learn & Grow Fair

Saturday, March 5, 9 a.m. to noon
Southwest Branch Library

A community education event for the whole family to enjoy. Outdoor adventure activities will increase kids' understanding of the environment in a fun and engaging way. For the adults, the Master Gardener Micro Talk Series will feature four 30-minute classes on vegetable gardening, landscape design, native plants, and composting. To secure your spot in one class or all four, please register by calling Dustan Compton at 817-459-6628 or e-mail dustan.compton@arlingtontx.gov.

Resources for Students

- Free WiFi access
 - Tutor.com and Learning Express – online tutoring and standardized test prep
 - Databases – online research resources accessible from the library or at home
 - Mango Languages – online language learning for 20 languages
 - The Studio – a space at the Central Library where teens can create digital, literary and visual arts using professional grade software
 - Entertainment – free movies, music, and books

Story time Schedule

Monthly Book Clubs for Adults

Join one of our book groups for a lively discussion of a variety of books! For more information, please see the website or call the library location where you would like to participate.



Spotlight Park

Lake Arlington

Vandergriff Park

This 80 acre park named for former Arlington Mayor Tom Vandergriff, has something for everyone. There's a large playground multi-purpose fields, three Youth League baseball fields, tennis courts and a multipurpose trail that leads to Marrow Bone Spring Park.

Recent renovations to Vandergriff Park include replacing the existing asphalt roadways and parking lots and installed concrete and adding additional parking lighting for the baseball parking lot. There is an improved entry area and new entry sign, complete ADA Access from Center Street, a concrete loop trail connection and additional irrigation and landscaping in the park.

Located in Vandergriff park is the Bob Duncan Center. This 7,500 square foot facility can accommodate anything from a small party to a huge event with rooms that have the capacity to seat parties from 100 up to 500 people.

The L-shaped 50 meter Allen Bolden Pool meets the needs of almost every swim enthusiast. Amenities include a 3 meter and 1 meter diving board, concessions, large grass campus and six shade structures.

The 30' by 60' pavilion is a great place for an outdoor event. It seats approximately 130 people and its underneath lighting makes it useable at any time of the day. There are two grills, twenty picnic tables, and electrical outlets.



QR Code

For more information on Vandergriff Park, scan this QR code with your Smartphone's camera.



Lake Facilities

Lake Arlington has various facilities for your enjoyment. There are two parks located along Lake Arlington's eastern shore, Richard Simpson Park – 6300 W. Arkansas Lane to the north and Bowman Springs Park – 7003 Poly Webb Road to the south. Special attractions at these parks include: boat launches, picnic areas, BBQ grills and restrooms. Pavilions are available for rent at both parks. Richard Simpson Park also has the Lake Arlington Activity Room, which can be reserved for private functions. For more information call 817-459-5474.

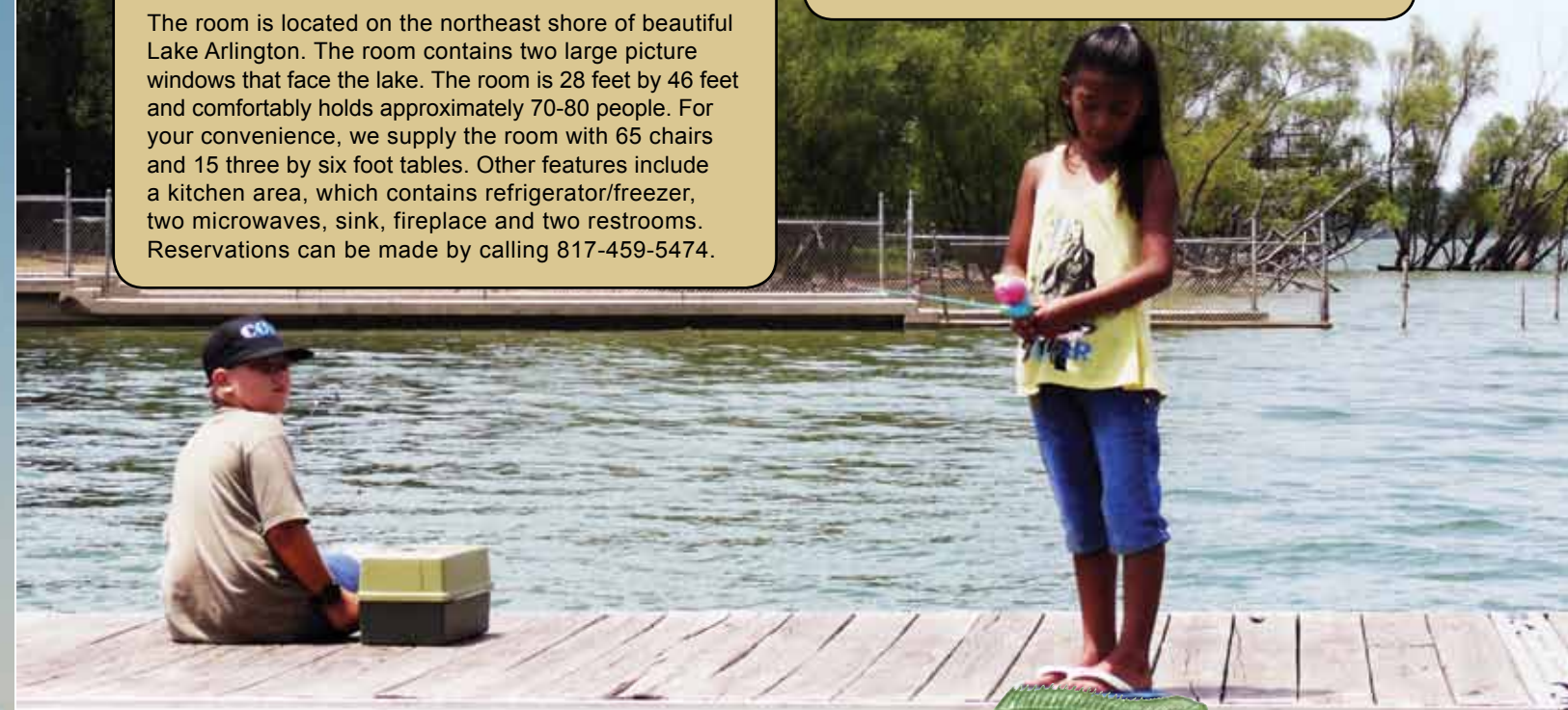
Lake Arlington Room Rental

Located at 6300 W. Arkansas Lane, the room may be rented for a full day on weekends or holidays. Full day or half day rentals are available on weekdays. During the summer, the room is only available on Saturdays and Sundays.

The room is located on the northeast shore of beautiful Lake Arlington. The room contains two large picture windows that face the lake. The room is 28 feet by 46 feet and comfortably holds approximately 70-80 people. For your convenience, we supply the room with 65 chairs and 15 three by six foot tables. Other features include a kitchen area, which contains refrigerator/freezer, two microwaves, sink, fireplace and two restrooms. Reservations can be made by calling 817-459-5474.

Paddling Trail

Put-in and take-out areas are marked by signs. Launches are allowed only from these designated areas at Richard Simpson Park, Bowman Springs Park and Eugene McCray Park. A recreation permit is required for the paddling trail, which can be obtained in the Lake Office at Richard Simpson Park.



Lake Fees

A recreation permit is required to place, operate or keep any boat or other craft on Lake Arlington, including rowboats, canoes, kayaks, motorboats, sailboats, barges, personal watercraft and sailboards. **Daily Fee \$5; Annual Fee \$25; Senior (60+) Annual Fee \$12**
Lake Office phone number: 817-451-6860



Fish varieties at Lake Arlington include Black Bass, Sand Bass, Hybrid Stripers, Catfish and Crappie. The state laws of Texas govern the taking of fish from Lake Arlington.

Park Projects

River Legacy



Hike and Bikeways

The City has been working on the development of a Hike and Bikeways Master Plan for almost one year and the process is now nearly complete. The Master Plan will act as a long-term guide for improvements to both on street bike lanes and off street trails. The goal is to provide safe, non-vehicular transportation alternatives for Arlington citizens. The master plan outlines how these non-vehicular routes will link communities to schools, parks, employment centers, and other desirable destinations within the City.

Skate Park

The Skate Park Master Plan will guide planning and development of a comprehensive network of skate facilities to integrate with Arlington's park system and provide opportunities for a wide variety of recreational activities. The process will analyze existing sites for future skate facility inclusion, identify skate park types, develop site criteria unique to the city's urban environment and specify where and how many public skate parks would best serve Arlington. For more information, please visit: http://www.arlingtontx.gov/park/planning_skatepark.html

Randol Mill Park

Arlington Parks and Recreation's first barrier free playground is under construction in Randol Mill Park. Scheduled for completion in the spring of 2011, the playground will feature specialized equipment for full access and poured-in-place unitary rubber surfacing. Barrier free design encourages children with special needs to play on equipment with their peers while building social skills.



Register for Nature School & Summer Classes

Nature School for children ages 3 to 5 offers a hands-on, minds-on exploration of nature through outdoor and indoor activities at **River Legacy Living Science Center** from September through May. Certified early childhood education teachers lead the young students through the natural world with stories, nature walks, art and song. Experience this unique preschool enrichment program during Open House from 6 to 8 pm, February 7.

Open registration for the 2011-2012 school year begins February 21.

Summer Classes at the Living Science Center in June and July provide an interactive, engaging way to learn about wildlife, ecology, the environment and science for children ages 3 to 8th grade. Open registration for 2011 Summer Classes begins February 26.

For more information about either of these environmental education programs, contact Debbie Vernon, Education Director, at 817.860.6752 or visit www.riverlegacy.org.

Upcoming Events at the Science Center

Boat Building School for Cardboard Boat Regatta – Feb
Backyard Bird Count – Feb 19
Earth Day Celebration – Apr 16
Cardboard Boat Regatta at Six Flags Hurricane Harbor – May

Check out the Events Calendar at www.riverlegacy.org to learn more about these events and the Center's regular Saturday programs.

Exclusive Audubon Art Exhibit

Fort Worth artist Scott Gentling's watercolor reproductions of John James Audubon's (1785 – 1851) original watercolors are on display in the Living Science Center's exhibit hall through March 5. Don't miss the rare opportunity to view these beautiful paintings. The exhibit is free, although donations are accepted. Art exhibit may be closed during school programming. Please call ahead at 817.860.6752.

River Legacy Parks can be accessed through two entrances: 701 NW Green Oaks Boulevard or 3020 N. Collins St. River Legacy Living Science Center is located next to the park at 703 NW Green Oaks Boulevard. The Center's hours are 9 am to 5 pm, Tuesdays through Saturdays. To learn more, visit our NEW Web site at www.riverlegacy.org.

Park Advocates

The Park Advocate program is for those individuals or groups wishing to form an ongoing partnership with the Parks Department. Park Advocates may choose to adopt a specific park and assist with park maintenance. Park Advocates also serve to promote park stewardship and environmental initiatives. They are our eyes and ears and a voice to promote expansion and support of the parks in Arlington. This program is currently under development. Please visit the park volunteer website for more information and updates.

Park Volunteers

Looking for a one-time parks service project for yourself or a group of people, such as painting, litter pickup, mulching, planting or weeding? Would you or your group like to volunteer at the next special event such as the Daddy Daughter Dance, the Trinity Trash Bash, Lake Cleanups or Ecofest? Contact the Parks Volunteer Coordinator today. Groups of 35 or more will be offered a complimentary pavilion rental (dependant on availability) as a thank you for volunteering with us.



Volunteer Photographers

Are you looking to build your portfolio or are you just an photography buff? Either we can put your skill and passion to work. We are always looking for talented photographers to help us build our photo library. We need pictures of parks, facilities, events and wildlife. Interested? Call 817-459-5474 or e-mail parksdepartment@arlingtontx.gov. Then smile – you might see your picture in the next Funtimes!

Contact Information

Jennifer Chadwell, Park Volunteers Program Coordinator, 817-459-5477
Parks and Recreation Administrative Office, 717 W. Main, Arlington, 76013
jennifer.chadwell@arlingtontx.gov

Urban Forestry

Trees are vital to the livability and health of our community. The Parks and Recreation Department will use donations to this fund to plant trees that enhance our city's urban forest. By supporting this fund you will be planting roots for the future of our parks and street medians.

For more information, e-mail
leaf@arlingtontx.gov.



Honor Family Members and Friends by Donating a Park Bench, Tree or Brick!

Looking for a unique way to honor someone? Why not donate a park bench, tree or brick to pay tribute to your family members and friends! Our Memorial Bench, Living Tree Memorial and Brick Memorial programs are the perfect way to honor loved ones and commemorate special occasions.

Living Tree Memorial

The Living Tree Memorial program is based on the idea of planting trees to commemorate loved ones that will enhance the beauty of our community parks for years to come.

Memorial Bench

The Memorial Bench program is based on the idea of allowing our community to pay tribute through the dedication of a bench that will bring pleasure to visitors throughout its lifetime.

For more information on donating park benches, trees or bricks call 817-459-5474.

Brick Memorial

The Brick Memorial program is based on the idea of using engraved brick pavers to honor others that will be a permanent fixture in the community. Brick Memorials are available at Tails 'N Trails, Heroes' Park, Meadowbrook Sculpture Garden and Veterans Park.

Keep up-to-date with Arlington Parks and Recreation by using our QR Codes!

Just use your smartphone to scan a code and information regarding our services and programs will instantly appear. It's easy to get started...go to NeoReader.com and download the application for FREE. Once the application is installed, you can start scanning our codes immediately and stay up-to-date with all things Parks and Recreation!

You can also stay connected by signing up for our Naturally Fun E-News, which you can do from the home page of naturallyfun.org. And watch for the new city of Arlington smartphone app coming soon to iTunes!



Naturally Fun Website



Naturally Fun Facebook Page



Naturally Fun YouTube Channel



City of Arlington
Parks & Recreation Online Store



City of Arlington Smartphone App



Arlington Parks and Recreation
P.O. Box 90231
Arlington, TX 76004-3231

